

THE LOOKOUT

Praia da Rocha

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Your guide to the local area & activities



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Local Area & Shops

- Skootatuni Market
- The Best Man Deny
- Babalaaza
- The Petrol Station

🍷 **Skootatuni Market:**

This is the area where you turn off the main road onto the sand track to drive to Praia da Rocha, and is the closest market place to The Lookout. At Skootatuni you will find a variety of **seasonal fruits and vegetables, drinks and various food items such as flour, sugar, rice, etc.**

🍷 **'The Best Man Deny':**

This is the only shop on the sand track between Praia da Rocha and the main road; it's a very small local store with a small selection of food, drinks and cigarettes.

🍷 **Babalaaza:**

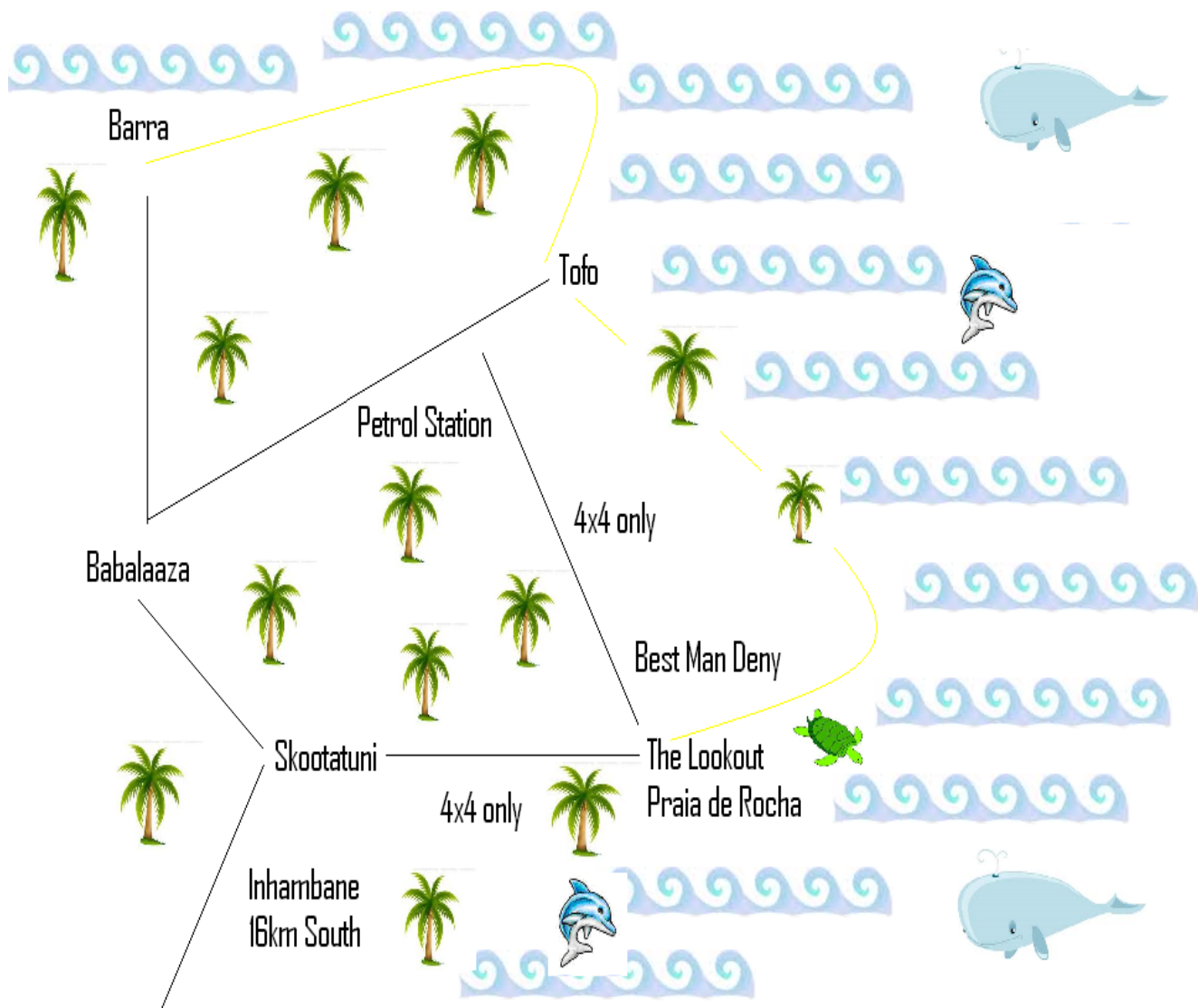
A few kilometers north of Skootatuni, this is the junction where the road splits and you can choose to continue onto Barra or Tofo. Named after the local watering hole 'Bar Babalaaza' meaning the hangover, this area offers the largest selection of shopping without heading into the main areas of Tofo or Inhambane. Here you can find **freshly baked bread rolls, fruits and vegetables, prawns, lobster and fish** from road side sellers. There are **numerous small shops** where you can choose from an assortment of goods including snack foods, canned foods, pasta, rice, etc, and many types of beverages. In these shops you will also find all sorts **household items** such as batteries, toilet paper, phone credit, etc. At Babalaaza you can get pretty much **anything fixed**, from flat tires to TV's, just ask around.

🍷 **The Petrol Station:**

On the main road heading to Tofo, the only place for **petrol, diesel**, and paraffin outside of Inhambane town. At the petrol station you will also find a branch of **BCI** (Banco Comercial e de Investimentos) with an **ATM** that accepts only Visa cards, here you can also **exchange foreign currency** for Meticaís. You will find a very handy shop offering food, drinks and all types of household and personal necessities. Pop into the **local deli**, 'Chili's' where you'll find lovely treats like **gourmet meats, cheeses, sauces, cakes** and much more. Here you will also find two beautiful **souvenir shops** filled with handmade Mozambican delights.



Local Area Map



Praia de Tofo

🗺️ 10km north of Praia da Rocha.

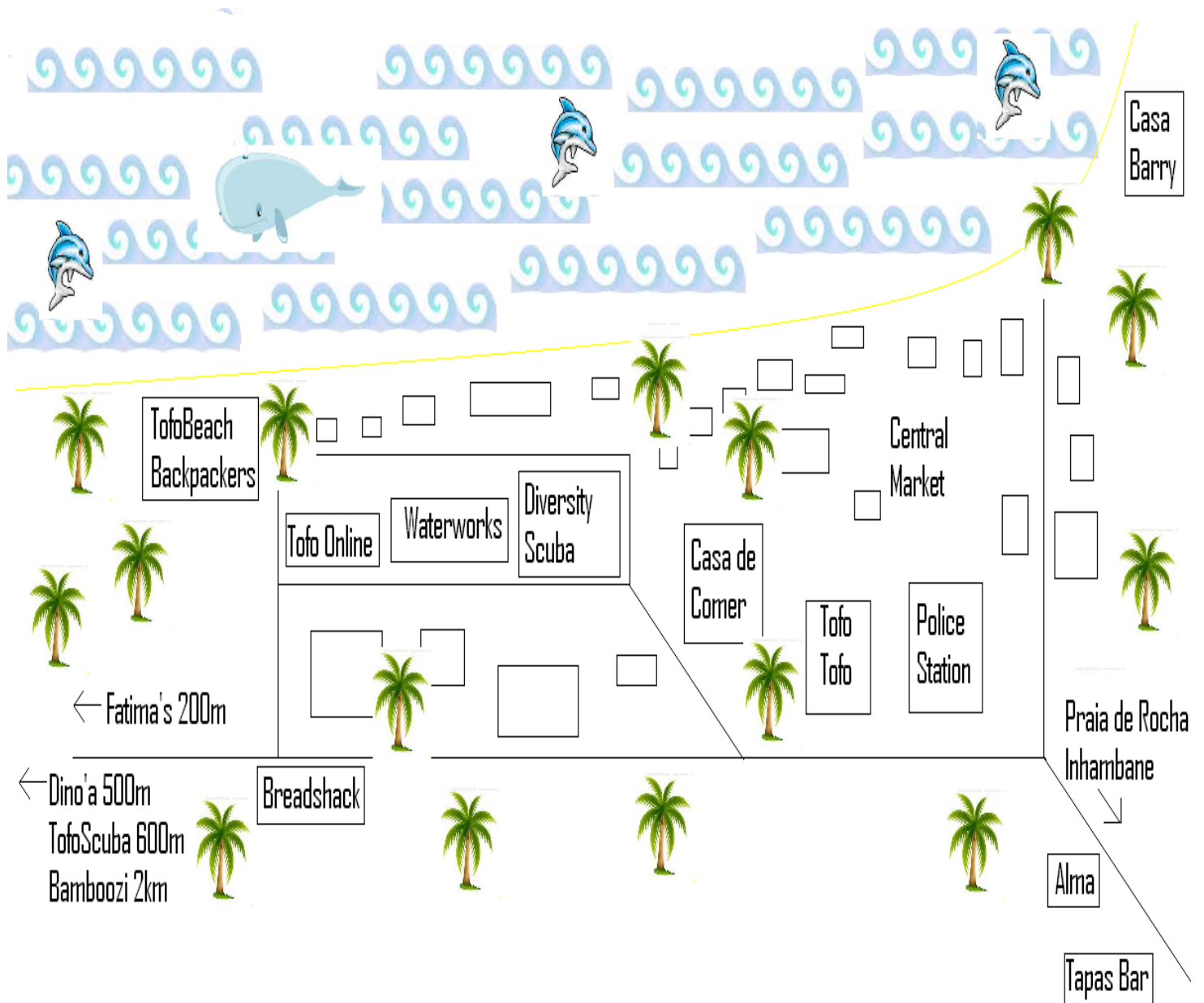
As you drive into Tofo you will easily find the central market, this is the main hub of the village, situated on the beach front. In the **market** you'll find **fresh fruits and vegetables**, the daily catch from local fisherman including **fish, prawns, clams, squid, octopus, and lobster** (if possible take your own scales, their scales magically double the weight of the produce), all can be cleaned and filleted for you. You can also buy **fresh bread** (flour and coconut bread), and a selection of **food, drinks and toiletries** from several small shops. There is also a **souvenir market** where you will find beautiful handmade carvings, bowls, paintings, batiks, jewelry, and clothing. Just before entering Tofo you will see the **ALMA recycling plant**. They have a shop where local women make purses, bags, placemats and other items out of recycled materials; by purchasing here you can find **unusual gifts** and directly support the local community.

🍷 Bars & Restaurants

- Waterworks:** Pizza's, burgers, seafood, sandwiches, pancakes... a perfect family restaurant
- Tofo Beach Backpackers:** Take-away restaurant on the sea front, try their delicious fish & chips
- Dino's:** The party place on the beach, famous for their all night long full-moon parties
- Tofo Tofo:** Curries, seafood, pastas, chicken, tasty local dishes...they've got it all
- Casa de Comer:** Delicious French/Mozambican cuisine, Tofo's 'posh' restaurant
- Casa Barry:** Great family food by the beach, walk south along the beach to the red umbrellas
- Fatima's:** Home to Tofo's backpacking crowd with a lively bar and restaurant on the beach,
- Bread shack:** Fresh bread and doughnuts baked daily, also serves a light lunch menu
- TofoScuba:** Restaurant with a great view, right on the beach, burgers, sandwiches, salads...
- Bamboozi:** Follow the sandy road to this funky beachfront bar and restaurant, seafood, burgers...
- Tapas Bar:** Just before Tofo, a quiet restaurant and bar with a tasty variety of Spanish tapas
- Tofo Online:** Internet café, use their wireless or PC's, enjoy burgers, sandwiches, and milkshakes



Tofo Map



Praia de Barra

🗺️ 10km northwest of Praia da Rocha

At Babalaaza the tar road ends and you will be driving on dirt road, 4x4 is not necessary but please drive with caution as there can be large pot holes and piles of sand in the road. With no centre, Barra is a strip of nearly 100 lodges and houses along a wide, soft sand beach and mangroves; please note that driving on the beach is strictly prohibited.

You are welcome to eat, drink and enjoy the beach at all of the lodges and the list below is a small selection of what is available. Barra Lodge Dive Centre is the best place to buy **swimwear** and **snorkeling equipment**, Flamingo Bay offers luxurious **spa treatments** (see activities), and **White Sands** is a beautiful bay with tranquil waters for easy swimming and snorkeling.

🍷 Bars & restaurants

The Bush Pub: Just past Babalaaza, sports bar offering great pub grub and a pool for the kids

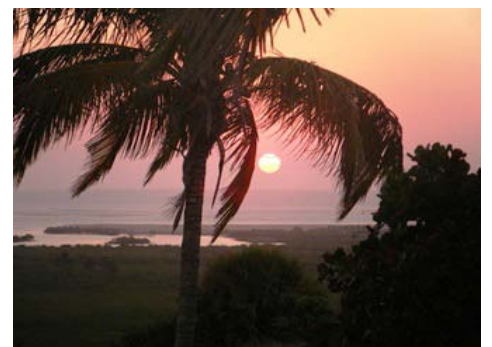
Sunset Lodge: Restaurant with stunning views of Barra beach and mangroves, bar in the pool!

Bali Hai: Delicious quality food served in a very relaxed setting, lovely pool to enjoy.

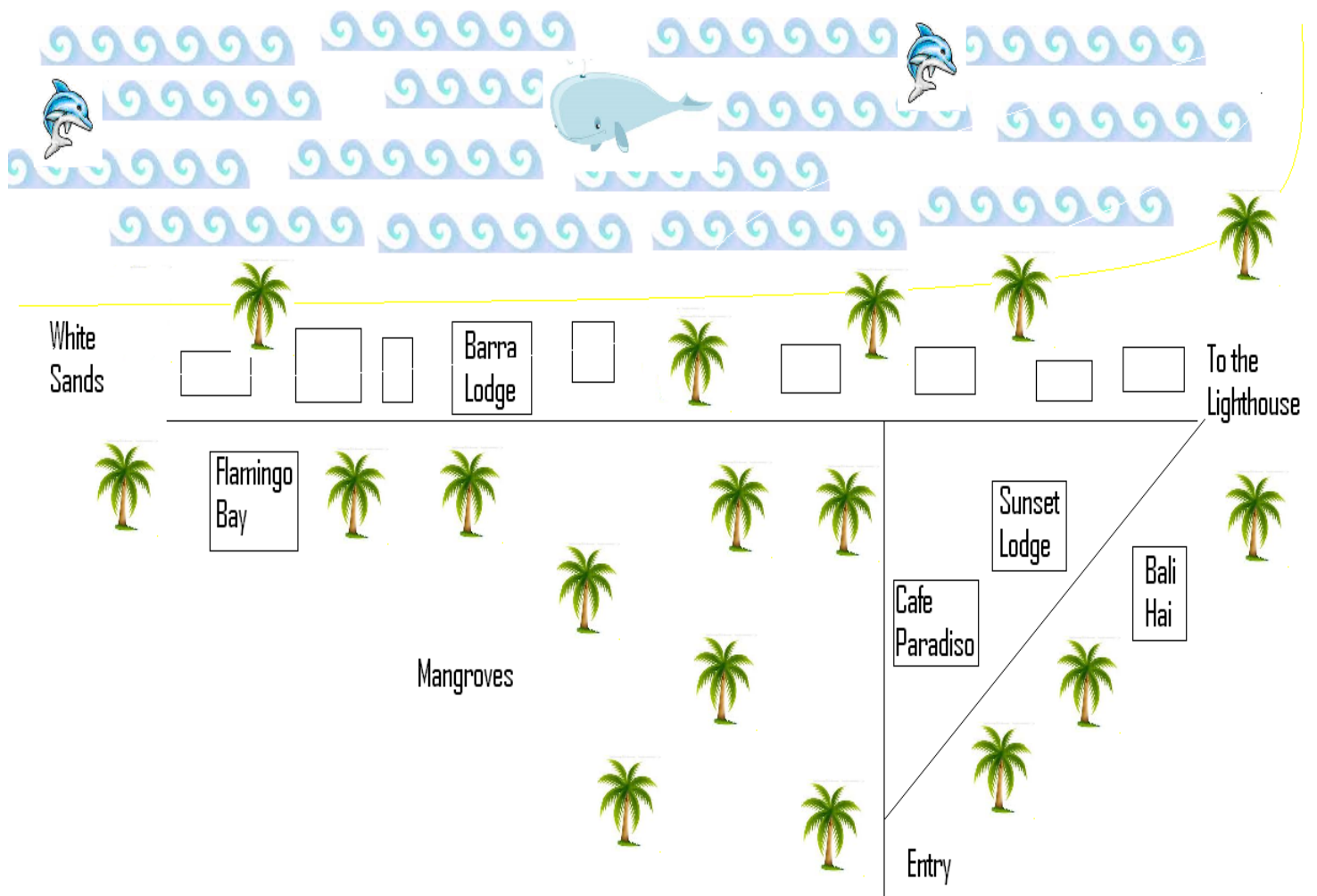
Café Paradiso: The house specialty is crispy thin pizzas baked in a traditional wood burning oven

Barra Lodge: Great family restaurant on the beach, lots of shade and a small play area

Flamingo Bay: Delicious food and a romantic setting, book ahead, sorry no children under 12



Barra Map



Inhambane City



16km south of Praia da Rocha

The capital of Inhambane Province and one of Mozambique's oldest settlements, this is a sleepy place with most shops closed weekdays 12-2pm and all day Sunday. Inhambane does not offer many tourist attractions but you will find a **variety of shops, restaurants, and banks**. Stroll through the **central market** where you can find **fish, fruits and vegetables, souvenirs** and even a witch doctor stall full of bizarre 'cures.' Behind the market you can buy fresh **peanuts, cashew nuts, and ice cream**.

Shops & Restaurants etc.

Macardo Central: A huge selection of fruits & vegetables, herbs & spices, and souvenirs

Wang Rong: The only supermarket in town, do a family grocery shop and pick up some beach toys

SoFresco: The only meat shop in town with beef, chicken, pork, & cheeses all available

Sovetes: A small soft-serve ice cream shop behind the central market, choose fresh or frozen

Panaderia: Bakery with fresh breads, a selection of delicious cakes and drinks

Pep Store: One of the few western style clothing shops, shop here for babies through to adults

Verdinhos: The best café in town, sandwiches, panini's, pizzas, salads, soups, burgers...

Casa de Capitao: Inhambane's premier waterfront hotel, enjoy classy meals & poolside cocktails

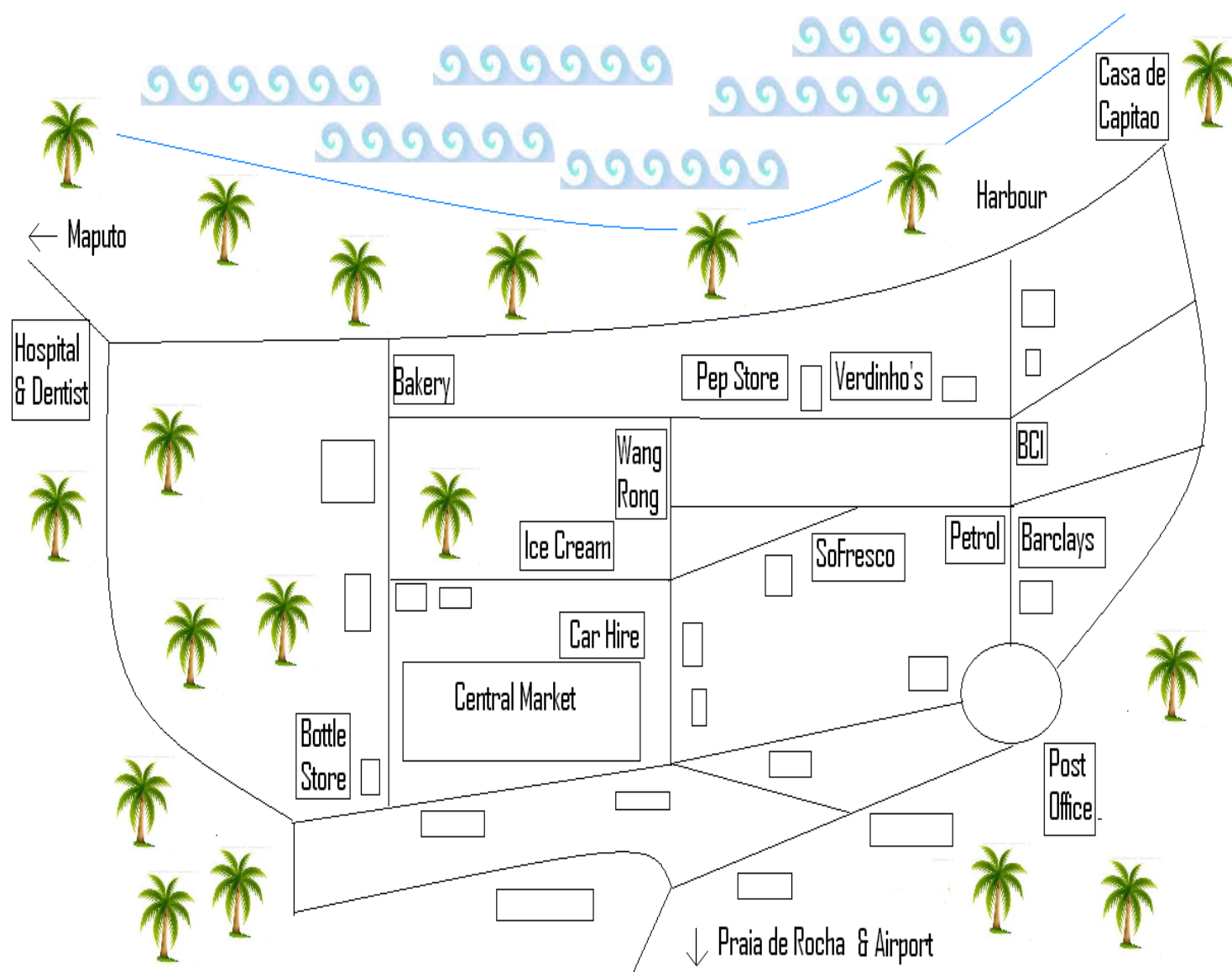
Car Hire: At the back of the central market, +258 828761010 / 847665247 bttslida@tdm.co.mz

BCI & Barclays: International banks

Airport: Inhambane phone: +258 29 320312



Inhambane Map



Activities

Whale Watching

From The Lookout balcony you are perfectly positioned to enjoy breathtaking displays of breaching adult and calf humpback whales as they migrate along the shores of Praia da Rocha from June to October. Bring a pair of binoculars or take an ocean safari for an up-close encounter.

Ocean Safari & Scuba Diving

An ocean safari is an incredible 2 hour snorkeling trip which the whole family will love. You'll search for whale sharks, dolphins, mantas and turtles which grace our waters all year round and humpback whales from June - October

World class scuba diving at over 20 dive sites, fun dives for qualified divers and courses for beginners through to pro level, call Diversity Scuba in Tofo +258 29329009 or Barra Lodge Dive Centre +258 820941890

Surfing

Surf boards and lessons can be arranged at Waterworks in Tofo

Fishing

Enjoy a morning of game fishing, a variety of trips are on offer from Meader at Waterworks +258 842281497, Casa Barry +27 317670111 / +258 29329007 and Barra Lodge +258 829320561

Sunset Cruise

A sunset cruise from White Sands can be booked with Barra Lodge. Take your own cooler of snacks and drinks and enjoy a beautiful evening as the sun goes down, call +258 829320561. Individual dhows can also be hired for those looking for an 'authentic' cruise to the sandbars.

Horse Riding

Morning and afternoon rides can be organized with Volker in Tofo, from beginner to experienced rider, you will be taken on a 2 hour journey along the beach and sand dunes where you will see great views of Tofo, call +258 843080300



Quad Biking

Daily 2 hour scenic quad bike tours can be booked at Barra Lodge, tours usually take a sand track to Tofo, exploring Tofinho Point and many villages between Barra and Tofo, call +258 829320561

Spa Treatments

Flamingo Bay in Barra is the place to get pampered. Full body massages, Indian head massages, facial and after sun treatments ...call +258 829356005 for a list of treatments and prices

Local Tours

Muakelani are the local tour company based in Tofo that offers a variety of tours across Tofo, Barra, and Inhambane. Local village tours, kayaking tours, Inhambane City tours, dhow sailing Drop into their office at Casa de Comer or call +258 8427120849 or look up <http://muakelani.blogspot.com/> to find out more

