

📍 EXPERIENCE · BAHIA · 7 DAYS

Roots of Bahia

Ilhéus to Salvador, with the people who make the coast

Harvest cacao and fire it into chocolate. Paddle a mangrove maze to oysters roasted on the sand. Sleep alone on a twenty-kilometer beach. Learn capoeira by firelight. Then let Salvador finish the story.

Follow the route



Most first trips to Brazil sprint between postcards. This one stops to shake hands.

South of Salvador runs a green, half-forgotten shore where Brazil keeps its roots: the Cacao Coast, sliding into the Dendê Coast. For seven days you travel it slowly, from Jorge Amado's Ilhéus to the old capital, and every single day is built around people, not sights. Farmers, fishers, quilombola artisans, capoeira teachers.

You will not watch this coast through a window. You will harvest it, paddle it, cook it, taste it and, at least once, dance it. And because every departure is private, the route bends to you, never the other way around.

7

DAYS ON ONE ASTONISHING COAST

20 km

OF BEACH YOU SHARE WITH ALMOST NO ONE

6

WAYS YOU TRAVEL: CAR, BOAT, CANOE, KAYAK, 4X4, TRACTOR

0

TOUR BUSES, BUFFETS OR SCRIPTS



QUEM FAZ A BAHIA

The hands you will shake

No costumed folklore, no staged villages. These are working people who open their days to a handful of travelers, and they are the reason this trip exists.





Seven days, told properly

A sample rhythm, not a timetable. Every departure is private, and we reshape the days around you.



1 DIA 1 · ILHÉUS

The chocolate city

Brazil's greatest storyteller, Jorge Amado, set his novels here, in a port town that cacao made rich and reckless. You land, drop your bags, and walk straight into his pages: the writer's own house, the pastel palaces of the cacao barons, the São Sebastião cathedral, and the Bataclan, the infamous cabaret his characters could never stay away from.

Late afternoon, you trade the city for the interior. The road south climbs to the finest viewpoint on the whole coast, where you stop as the light goes gold, then drops you in Taboquinhas, a cacao village on the banks of the broad Rio de Contas. Dinner is by the river. The week has begun.

🏠 OVERNIGHT · A village pousada above the Rio de Contas



2 DIA 2 · TABOQUINHAS

Chocolate, straight from the tree

Morning on a smallholder farm. You split ripe pods with the family that grew them, suck the sweet white pulp from the beans, and drink cacao honey pressed straight from the fruit, a taste that never survives the journey to a supermarket. Then the fire is lit: you roast, peel, pound and cook the beans the old way until what is in the pan is, unmistakably, chocolate. You made it.

After lunch overlooking the river, you take to the water. Two easy kilometers by inflatable boat or kayak down the Rio de Contas, a short walk up a side creek, and the Noré waterfall appears,

ringed by cacao trees and made for swimming. The brave can swap the paddle for a raft: this stretch of whitewater is counted among the most beautiful in Brazil.

Cacao harvest

Tree-to-bar chocolate

Waterfall paddle

Optional rafting

 OVERNIGHT · The same pousada above the river

 ON THE TABLE · Cacao honey, and chocolate you roasted yourself



3 DIA 3 · CAMAMU BAY

Into the mangroves

North to the Baía de Camamu, and then off the map: a fishing village you can only reach by sand track or by boat, raised on a bluff above the mangrove forest, where families live from the sea and the piaçava palm. A canoeiro takes you out into the green maze. He pulls oysters from the roots as you go, and on a small island he builds a fire and roasts them, right there, minutes old.

Back in the village square, lunch is catado de siri, picked crab that many will tell you is the best in Brazil, and they may be right. In the afternoon you roll south through the restinga scrubland until the trees open onto something absurd: a working farm sitting alone in the middle of a twenty-kilometer beach. That is where you sleep.

Roadless fishing village

Mangrove canoe

Oysters on the fire

Restinga crossing

 OVERNIGHT · A farmhouse in the middle of Pratigi beach

 ON THE TABLE · Fire-roasted oysters, and the best catado de siri you will ever meet



4 DIA 4 · PRATIGI

Twenty kilometers of almost nobody

Wake up, look left, look right: beach to the horizon in both directions, backed by coconut and dendê palms, and practically nobody on it. Pratigi is what people imagine when they imagine Brazil before the crowds found it. Today it is yours.

Swim, or take an inflatable kayak into the waves and try surfing it. When the tide drops, walk the sand spit that runs far out into the sea. And when you want to move, you move the way the farm does, by 4×4 or by tractor, up the beach to the little fishing village of Barra do Serinhaém. There is no schedule today. That is the point.

A 20 km beach to yourselves

Kayak surfing

Sand-spit walk

4×4 and tractor rides

 OVERNIGHT · The beach farmhouse, again, because one night is not enough



5 DIA 5 · JATIMANE

Roots and rhythm

One last swim, then inland to Jatimane, a quilombo, a community founded by people who freed themselves from slavery and never left. In the biojoias workshop you watch the hard nut of the piaçava palm become jewelry, and if you stay for lunch, you eat what the community cooks for itself.

In the afternoon a red-dirt road carries you to an organic farm where a handful of families live off-grid, building with earth, farming without chemicals, and keeping the old crafts alive. When night falls, the berimbau comes out. Learn to string and play it, or step into the circle and learn your first capoeira moves, by firelight, from people who grew up inside this art.

Quilombo visit

Biojoias workshop

Off-grid organic farm

Capoeira by firelight

 **OVERNIGHT** · A simple room on the eco-farm, under real darkness and loud stars



6 DIA 6 · RIO DAS ALMAS

Across the river

Some farms you drive to. This one you reach by crossing the Rio das Almas in a canoe and walking up to the family's house on the far bank. What follows is the best classroom you will ever stand in: cacao, guaraná, clove, black pepper, urucum, dendê and a small orchard of tropical fruit, tasted straight off the plants as the farmer explains what each one is for.

Beside the house stands the casa de farinha, the flour house, where manioc has been turned into farinha with the same gestures for centuries, and if the griddle is hot you will eat tapioca minutes after it was a root in the ground. A picnic of pão com mantinha, the region's smoked pork, closes the visit. Then, if you like, drift home the lazy way: by boat down the Rio das Almas, with a run of small rapids at the end to wake everyone up.

Canoe river crossing

Guaraná, clove and urucum

Centuries-old flour house

River float with rapids

 OVERNIGHT · Back at the eco-farm for a last night

 ON THE TABLE · Tapioca hot off the griddle, and pão com mantinha by the flour house

Across the bay to Salvador

The last leg is a small adventure of its own: car to the coast, boat across the water, and car again over the island of Itaparica, until the Bay of All Saints opens up and Salvador rises on the far shore, Brazil's first capital and the beating heart of Afro-Brazilian culture.

We drop you at your hotel or at the airport, whichever your journey needs. Our honest advice? Give Salvador two more nights. After a week among the roots of Bahia, you will want to see the city they grew into, and we will gladly plan it with you.

You will taste things that cannot be shipped

Half this itinerary happens at the table, or around a fire, or standing in an orchard. Come hungry.

01

Cacao honey

The sweet nectar pressed from fresh pods. It never survives shipping, so it can only be drunk here.

02

Chocolate you made

Roasted, pounded and fired by your own hands on day two.

03

Oysters off the fire

Pulled from mangrove roots and roasted on a driftwood fire minutes later.

04

Catado de siri

Slow-picked crab, seasoned the village way. Many say the best in Brazil.

05

Tapioca off the griddle

Made in a flour house that has worked the same way for centuries.

06

Pão com mantinha

Farm bread and the region's smoked pork, eaten as a picnic by the river.

07

Fruit off the tree

Guaraná, cupuaçu, clove and whatever else is ripe as you walk the farm rows.

What travels with you



Your own English-speaking guide

One guide, the whole way, from Ilhéus to Salvador. They know every farmer, fisherman and mestre you will meet, because these are their people.



Every transfer on the route

Car, boat, canoe, 4x4 and yes, occasionally a tractor. From your arrival in Ilhéus to your drop-off in Salvador, every leg is organized and private.



Six nights, all with breakfast

A river-village pousada, a farmhouse alone on a huge beach, an off-grid organic farm. Simple, spotless, characterful places you could not book from abroad.



Ten meals along the way

The ones that matter: crab in the village square, oysters on the island, picnics at the flour house. The rest of the time you choose, and we point you right.



Every activity and entrance

Chocolate making, canoes and kayaks, the quilombo workshops, capoeira, museums and park entrances. If it is in the story above, it is included.



Insurance and a safety net

Personal travel insurance for the route, and a team that lives in Brazil and answers the phone, before, during and after.

Not included: international flights, meals not listed, and personal extras. No hidden lines, ever.

Honest answers first

Is this a good choice for a first trip to Brazil?

+

How fit do I need to be?

+

When is the best time to go?

+

What are the places we sleep in like?

+

Can we extend the trip?

+

Roots of Bahia on the map

South of Salvador runs the Cacao Coast, sliding into the Dendê Coast: a slow seven-day route from Jorge Amado's Ilhéus down through cacao farms, mangrove villages and a quilombo, before crossing the Bay of All Saints into Salvador.

REGION

Bahia, Cacao Coast

BEST SEASON

Sept–Mar sunniest; Apr–Jul greener, fewer travelers

KNOWN FOR

Cacao Coast · quilombo culture · capoeira

IDEAL FOR

First-time visitors, food and culture lovers



[View Bahia on the interactive map](#) →

Your first trip to Brazil should feel like this

Tell us your dates and who is coming. We will shape the route around you, answer everything honestly, and introduce you to a Bahia most visitors never learn exists.

WHEN TO GO

Best: October

7 days. Outside the best window it can still run, but the reasons to go are weaker; ask us before booking flights.

See what else is in season →

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Best — The one or two peak months

Good — A real recommendation

Trade-offs — Workable, with a catch

Click a month to see everything in season across Brazil then.

CONTINUE YOUR JOURNEY

Where to go next

The places we most love to combine with Roots of Bahia, woven into one private, tailor-made journey.

Salvador

 Bahia, Brazil

Brazil's first capital, and its African heart.

Praia do Forte

 Bahia, Brazil

Sea Turtles & the Coconut Coast

Rio de Janeiro

 Rio de Janeiro, Brazil

The Marvelous City, Privately

FREE · 29 PAGES

FREE GUIDE

Beginner's Guide to Brazil

A free 29-page guide to everything a first-time visitor should know before landing: visas, safety, money, getting around, where to go, and what to eat.

The guide lands in your inbox right away. After that it's about one email a month: seasonal timing notes, places worth knowing about, and nothing else. Unsubscribe in one click.

START PLANNING

Thinking about Bahia's Cacao Coast?

Send a rough idea and you'll hear back within one business day. From one person, who lives in Brazil, and who will tell you honestly whether we're the right fit.