

Information Pack

Welcome to Casa Naroo in Tofo, your slice of paradise at the end of the Earth.

You've no doubt had a long and tiring journey to get here and have a few questions, so we have created this pack to help make your stay as easy and enjoyable as possible.

About Tofo

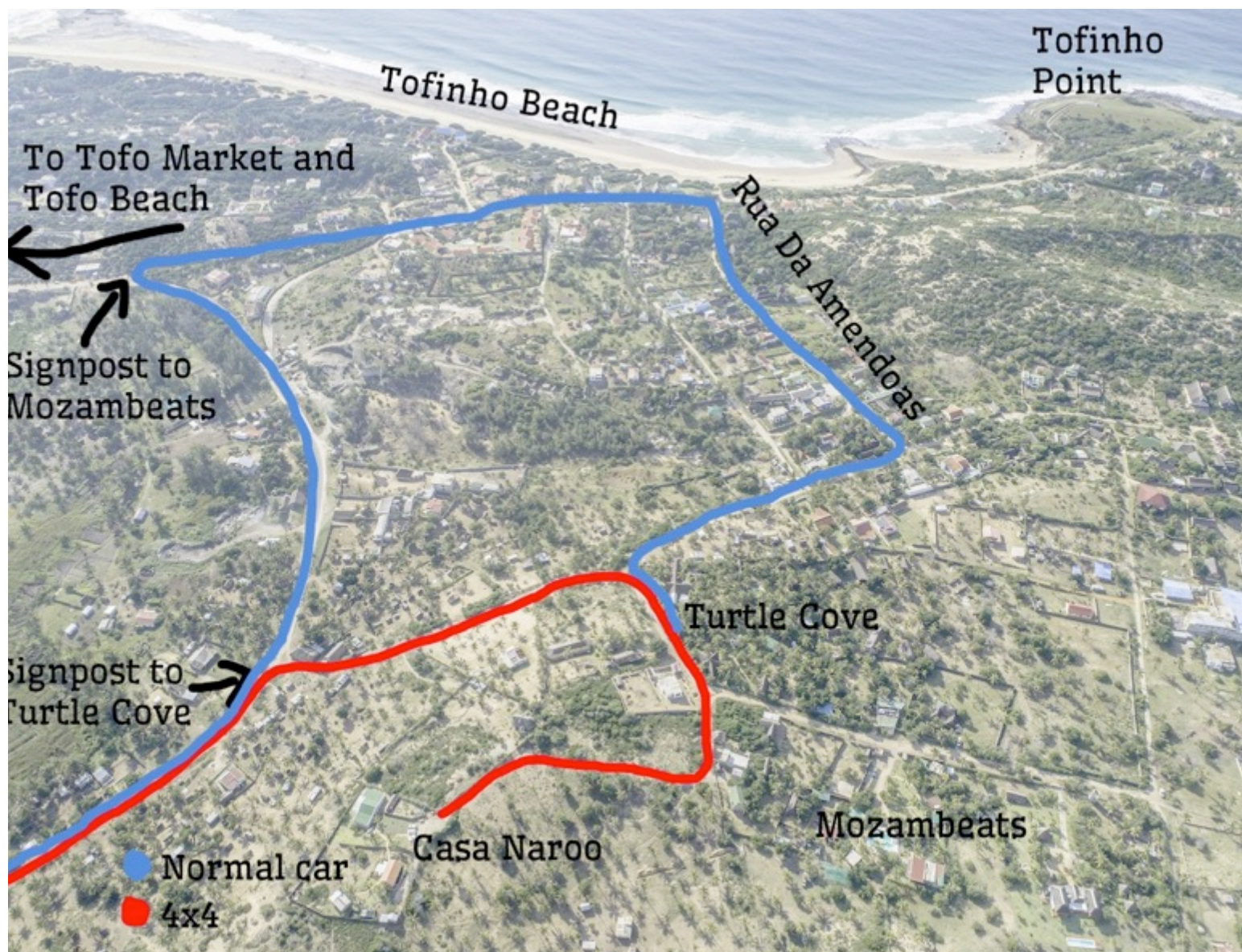
Tofo is a small bundle of joy that originated as a secret dive and surf destination and, over the years, has developed into a tourist hotspot.

Our little town was put on the map due to the large numbers of whale sharks and manta rays that reside here year-round, and the humpbacks that migrate through every winter.

As word spread of the marine riches, dive shops sprung up and tourists began trickling in, transforming Tofo in the process. We now have a fantastic array of places to eat and activities to do here: from authentic Japanese sushi and vegan food, to yoga and ocean safaris.

Whether you are a solo backpacker, diver, surfer, family, group of mates, or couple, there is enough to keep you entertained and happy here for quite some time. We enjoyed it so much we stayed for over a decade! Welcome to Tofo, our pride and joy...





Arriving at Casa Naroo

4x4:

- A 4x4 will land you on the doorstep of Casa Naroo
- When driving on the Main Rd to Tofo, approximately 1km before town you will see a signpost to Turtle Cove, up a sandy road that can only be driven by 4x4's: turn right here
- In approx. 300m the road forks to the right, taking you to Turtle Cove on your left
- Drive past Turtle Cove and then take the next right onto a small sandy road
- Drive straight to the end, approx. 200m to Casa Naroo

Regular Car:

- You will need to take a slightly longer route to Casa Naroo
- Approximately 400m before the market you will see a sand road signposted to Mozambeats
- Take a right up here and drive approx. 500m. You will see the ocean on your left
- Take a right up Rua dos Amendoas to the end
- At the end take a right and drive until the road forks towards Turtle Cove on your left
- We would recommend parking outside Turtle Cove. However if your car has decent clearance and you are comfortable driving in sand you can try the sand road past Turtle Cove on the right
- If you would rather not risk it, you can walk approximately 300m to Casa Naroo



Tips and activities

Beaches: There are a number of nearby beaches to enjoy and each has its own charm; Tofo Beach is lined with restaurants and dive centres; Tofinho is known for its surf break; and the stunning and secluded Back Door – the next beach along from Tofinho - is recommended for sunset walks or jogs. For those looking to venture further away, Barra Beach is a 20-minute drive.

Diving: Whether you're an experienced diver or a complete novice, there are a number of ways to explore Tofo's underwater world. If you are new to scuba, you can do a one-day Discover Scuba Diving course. Alternatively, in four days you can do an Open Water course and become certified to 18m. Not keen on scuba? You can also go on an 'Ocean Safari' in the hope of snorkelling with whale sharks or manta rays. For the more adventurous, some of the dive centres now offer freediving courses.

The following dive centres operate out of Tofo: Peri Peri (www.periperidivers.com), Tofo Scuba (www.tofoscuba.com), Diversity Scuba (www.diversityscuba.com) and Liquid Adventures (www.liquidadventures.com).

Safety: Thankfully, Tofo and the surrounding areas are generally very safe to walk around. Although incidents are incredibly rare, we would, however, not recommend walking on the beach alone at night.

Getting around: Whilst everywhere in Tofo is within walking distance of Casa Naroo, you may want to consider hiring a car for ease or longer journeys. If you would like to hire a car during your stay, Dave - owner of Casa Naroo - also runs Tofo 4x4 (www.tofo4x4hire.com).

Yoga: There are regular yoga classes right around the corner at Turtle Cove. Check in their for class information and class times (www.turtlecovetofo.com).

Inhambane: Located a 30-minute drive away, Inhambane is a sleepy and pretty town with lovely crumbling Portuguese architecture. A nice way to whittle away a day.

Dhow trip: Set sail through the Inhambane estuary to the stunning Pansy Island – at the mouth of the estuary in Barra - on a traditional dhow boat. There is also excellent snorkelling to be done in the estuary. Many of the dive centres will offer this trip.

Mosquitos: We recommend taking precautions to protect yourself and your loved ones from mosquitos. Although the threat of malaria or low, you don't want to potentially ruin your holiday!

Health care: Inhambane hospital provides basic health care in case of emergencies.



Eat and Drink

Here are some of our favourites eateries in Tofo:

Sumi: Superb and authentic sushi, in classy and minimalist surroundings served up by Craig and Nobina.

The market: Buy fresh fruit and vegetables from the local community, ready to rustle up in Casa Naroo.

Branco's: Set just behind the market, Branco's pizza is becoming world-renowned. They also offer 'hot rocks' so you can cook up prawns, fish and scallops at your table.

Dathonga: At the centre of Tofo. Delicious pizzas and Mexican food, and the famous 2M beer on draught! Set behind the market. Also has live music most Sundays.

What U Want: Pizza and pasta galore. Pietro the owner even offers homemade pasta, well worth the extra 50Mts!

23 Degrees (@Tofo Scuba): Salads, pizza, seafood, and more, plus excellent espresso, right on the beach at the north end.





Mozambeats: Also just around the corner, ‘Moz Beats’ not only has a beautiful pool and lounging area, but also a wide selection of food and drinks to complement the busy social scene.

Tofo Tofo: Local classics and excellent portions served by owner Sonia (who is a magician in the kitchen).

Happi: Classy vegan café at Liquid Dive Centre, set on the main beach. Also features a small pool. Open until 5pm.

Hotel No Mar: Set in a prime location on the beach, this is the option for those who want to splash out.

Bambos: Based in the market, here you can enjoy large portions of chicken, calamari, or fish and rice, all for a very reasonable price. A great local experience.

Diversity Scuba: Tasty cakes, coffee and smoothies served up by Jenny, above the dive centre.

Green Turtle: Set in Barra, this is perhaps the most renowned restaurant locally for fine dining.



House info



Casa Naroo opened in 2018 to cater to large family groups and dive groups wishing to stay in high-end accommodation in Tofo for an affordable price. Set back from the crowds for ultimate peace, we are only a 10-minute walk to the market and local beaches and have Turtle Cove and Mozambeats close by.

Furnishings: We have decked the house out in top-notch furnishings, to make your stay as pleasant as possible. This includes 4 x large en suite bedrooms with air conditioning, a wine cooler, large fridge, barbeque area, and more.

Security: Whilst crime is rare in Tofo, we strongly suggest locking your windows and doors when you're out and not leaving electronics out. This is not only for security, but will also keep the mosquitos out in the evenings, and ensure any air-conditioning that is on is as effective as possible.

House keeping: Our lovely housekeeper Anastasia is an absolute gem and will turn down your beds daily and keep the place clean. Linens and towels will be automatically changed after 7 days. If you would like this done more frequently this can be arranged on request (see below).

Laundry: Expect to pay Anastasia ~100mets per kilo of laundry.

Water: Our water supply comes from our own borehole and being on top of the dune is pure sand filtered crystal clean water. Perfectly safe to drink. I would stick to bottled water if in Tofo village.

Air conditioning: We are one of only a few houses that have air conditioning in all bedrooms. However this comfort comes at a price, as electricity in Tofo is very expensive. Please DO NOT leave the air conditioning running all day and night. Anastasia will turn it off during the day if you're out.

Oven: To start using this, please turn the gas on under the sink. Please turn the gas off after using.

Supplies: If you don't want to buy travel all the way to Inhambane, you can get most groceries in the market including fruit, bread, coffee, chocolate, soft drinks and alcohol.

Internet: You can purchase a sim card and data from the market, whilst many restaurants offer Wi-fi.

Pigs: Our resident pigs – Lady and Never - are friends not food. They compost all our vegetable waste, making the garden perfect!