

WOMENS TOUR

Meet the
women of
Timor- Leste

Timor-Leste



- Take this all Women tour
- Meet some inspiring local women
 - Tour Tai Markets
 - Pousada Pool
 - Los Palos and meet the Nuns
 - Listen to the morning Chorus
- Traditional art of weaving & dying

CALL NOW

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Women's Tour of Timor-Leste Itinerary

From *\$3,250
AUD pp twin share

1. Arrive in Baucau for a leisurely buffet lunch.
 - i. Option of afternoon swim in the Pousada Pool
 - ii. Scenic drive down to Watabo beach to watch the sunset. (option to walk part way)
 - iii. Cultural evening of song and dance with the young women of the CTID Canossian sister's training
 - iv. *(Travel time Dili to Baucau - 4 hours)*
2. **Jaco** In the morning we go shopping for fruit & vegies in Baucau market
 - i. Traveling towards the most Easterly tip of the island we hug the coast and pass through traditional villages of Lautem district, arrive at the village of Tutuala for lunch & to pick up our local guide
 - ii. On route down to the beach, optional 1 ½ hour trek to the sacred Lenehara cave or continue in the car to the beach guesthouse to relax or walk on the beach.
 - iii. Time & weather permitting optional fishing boat ride to Jaco Island for snorkeling & Beach combing.
 - iv. Overnight at the beach
 - v. *(Travel time Baucau – Tutuala/Valu Beach 3 hours)*
3. **Los Palos** Leisurely morning at the beach with the option to take the fishing boats to Jaco Island.
 - i. Depart the beach after lunch, arriving in Los Palos in time to meet the nuns learn about their work and settle into the guesthouse
 - ii. Dinner at the guesthouse & overnight with the nuns at their tranquil guesthouse
 - iii. *(Travel time Tutuala/Valu beach - Los Palos 2 ½ hrs)*
4. **Los Palos** Wake up to an early chorus by the young women in the training centre
 - i. Visit the L'oud women's cooperative and learn about the traditional art of weaving & natural dying from
 - ii. the experts. See firsthand how this amazing collective of women's groups work together in solidarity.
 - iii. Lunch at the Fitun Naroman, (bright star) café run as a training enterprise by the ADM nuns.
 - iv. Afternoon walking tour of Los Palo, visit the Arts Centre and learn how Many Hands is preserving culture
 - v. and promoting traditional and contemporary art forms.
 - vi. Time permitting, visit the village of Home (30 min drive) and learn about the village lifestyle, share morning tea and weaving demonstration
 - b. **Dili** Return to Dili Stopping at
 - i. Baucau to meet with the staff of the Alola maternal & child health program and or the teacher's training college crèche.
 - ii. Say good bye over a farewell dinner

NOTES:

- If you have areas of specific interest or places you really want to see let me know and I'll do my best to include these.
- Whilst we will do our best to confirm all meetings and visits things change frequently in Timor-Leste and people have many competing demands on their time. Be assured we guarantee you will meet many inspirational women and visit a variety of great programs, we always have a plan B & C ready to put in place.
- Our hosts are able to accommodate special dietary requirements, just let me know. We eat well on tour, purchasing fresh local produce along the way.
- Optional gentle morning yoga practice is available for those interested, just let me know.
- Travelling in Timor-Leste can be physically challenging due to the heat and time spent on bumpy roads. In addition the terrain is rough for walking.

Please let me know your level of fitness so I can take this into account when planning our activities.

- Travel times in itinerary refer to number of hours actually spent in the car, we stop frequently along the way
- Please limit luggage to one medium piece and small day pack. Soft luggage is much easier to pack into the vehicles. Please remember you will be required to assist with loading and unloading your luggage.

Price

Tour cost is \$3,250 AUD all inclusive. Airfares extra Best time to travel is May – September.

Terms & Conditions apply for more information call Island Explorer Holidays on 1300 884 855