



INFORMATION PACK

This information pack has been created to provide you with some useful resort information and local knowledge about the surrounding area. For ease when travelling, you can access this brochure on our website.

SECTIONS

[ABOUT US](#)

[OUR OTHER RESORTS](#)

[RESORT INFORMATION](#)

[IMPORTANT CONTACTS](#)

[LOCAL INFORMATION](#)

[RESTAURANTS](#)

[OUR RESTAURANT MENU](#)

THE CAPE GOA

Part of the Vilasaahuta Group™





ABOUT US

Vilasaahuta is made up of a small team of four friends and we opened our first resort, Agonda White Sand in 2010. Within 3 years we were No.1 on Tripadvisor who also voted Agonda Beach the best beach in India. As a result of our success, we have opened 3 more resorts on Agonda Beach and our newest addition in Cabo de Rama. All are built to the highest standards out of local materials to blend into the surrounding environment.

We are all personally involved in all our resorts and through talking with our guests and travelling to other exotic locations, we continually find ways to improve our resorts and service.

Our staff team offers true hospitality, as we support and encourage them to show their personality when communicating with guests and use their initiative to offer a personal service.

THE CAPE GOA

Each rustic-luxe cottage is built with all natural materials to the highest standard, with a large bedroom, attached semi open air bathroom and a private balcony with jacuzzi. Open the sliding doors to your bedroom and wake up to a view of the ocean. A few steps down and you are on the sheltered sandy beach. This is the perfect place to write a book, dream and read, or simply gaze out to sea. The resort is designed so that you will not want – or need – to leave.

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OUR OTHER RESORTS

As you will see from our resort websites, our cottages are all built using natural materials and local traditional building styles to the highest standard. The beautiful open-air bathrooms are all tiled and have hot water. You will also find high quality sprung mattresses, mosquito nets and bathroom and beach towels. The cottages are all of a similar standard and design, only the size and layout is a little different. All our resorts (except Agonda Villas) have restaurants and bars.

The cottages at 'Agonda Villas' are spacious and are all directly sea-facing with private sun-loungers in the front. Breakfast is complimentary. There is also an Ayurvedic centre called Bio Veda Agonda.

RESORT WEBSITES

www.thecapegoa.com

www.agondawhitesand.com

www.agondavillas.com

www.agondabeachresort.com

www.agondacottages.com

www.thecapegoa.com

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RESORT INFORMATION

- Check in: 1pm / Check out: 11am
- Free airport taxi collection for 3 night stays
- Daily housekeeping: available
- Taxi hire (excursions)
- Secluded beach cove
- Complimentary breakfast served on your terrace (for two guests)
- Free WiFi
- Mini fridge in cottage (stocked at regular bar rates)
- Bath & beach towels
- 24 hour reception
- Free airport taxi drop-off for 7 night stays
- Seaview bar & restaurant (opening times: 8.00am-10.30pm)
- A jacuzzi on your sea-view terrace
- Air-conditioning & a ceiling fan
- TV and DVD player
- Open-air ensuite bathroom (private)
- Safe locker

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IMPORTANT CONTACTS

DOCTORS

5 ELEMENTS +91 758 844 5060 - +91 992 339 1896

Dr Mirashi is an allopathic and ayurvedic doctor.

Address: Tin Rasta, opp. Premdatta (35 mins drive)

DHAVALIKAR HOSPITAL 0832 264 3147 - +91 932 610 3339

Dr Dhavalikar is a gynaecologist/obstetrician and also sees patients as a GP (**not 24 hour**).

Address: On the Agonda road, near Palolem (30 mins drive)

DR NILESH GAONKAR +91 942 245 1827

Dr Nilesh is a paediatrician.

Address: 1st Floor, Savitri Apartments Chaudi(40 mins drive)

HOSPITALS

RAJAGIRI VICTOR HOSPITAL 0832 672 8888 - 0832 272 0078

A large hospital with inpatient and 24 hour Accident & Emergency ward.

Address: Malbhat Market, Malbhat, Margao (1 hours drive)

DHAVALIKAR HOSPITAL 0832 264 3147 - +91 932 610 3339

Offering a wide range of services, (**not 24 hour**).

Address: On the Agonda road, near Palolem (30 mins drive)

DENTISTS

PALOLEM DENTAL CLINIC 0832 264 3423

Dr Rosamund, who is an excellent dentist.

Address: 84/1B Sadashiv saraswati Building, Palolem, Canacona, Goa (40 mins drive)

AGONDA DENTAL CLINIC 0832 264 7325

Address: Opp St. Anne's Church, Igorji vaddo, Agonda, Canacona, Goa (25 mins drive)

PHARMACIES

PAI PHARMACY

Address: Next to State Bank of India in Chaudi (40 mins drive)

GRACE PHARMACY

Address: Near ICICI Bank in Chaudi (35 mins drive)

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LOCAL INFORMATION

CASH

ATMs are all in Chaudi, except for two in Agonda. There is one HDFC bank near the Agonda Church and the second is the State Bank of India near the football ground. Almost all of them will take an international card. Most people use HDFC, ICICI, Bank of India, Canara and State Bank of India.

There are money changers at every beach in the area and usually they are in the internet shops/travel agents. It is worth shopping around as the rates can vary.

SHOPPING

GENERAL PROVISIONS

For general provisions Fatima General Store has everything from toiletries to snacks.

Address: Opposite the church in Agonda

CLOTHING, JEWELLERY AND ACCESSORIES

There is a huge variety of shops selling clothes, jewellery and accessories to tourists along the streets of Agonda, Palolem and Patnem. One needs to bargain hard to get the right price! Aside from the general stalls, there are a number of shops selling something a little more unique. These include:

AGONDA

LA MANGROVE

A boutique with great garments, jewellery and accessories.

Address: Agonda high street, next to H20 (also has a shop in Palolem and Patnem)

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PALOLEM

BUNTI

A lovely range of block printed garments for adults and children, beautiful cushion covers and fab jewellery.

Address: *On the approach road to Palolem high street*

FABINDIA

FabIndia is an Indian chain store retailing garments, furnishings, fabrics and ethnic products handmade by craftspeople across rural India. FabIndia's products are natural, craft based, contemporary and affordable.

Address: *On the approach road to Palolem high street*

A TO Z SHOP

They sell the kitch iconic brand Purple Jungle and mostly bags and cushions.

Address: *Palolem High street, near Cafe Inn*

PATNEM

JAALI BOUTIQUE

Jaali is a boutique filled with finds from all over India: clothes, jewellery, bikinis, soft furnishings, furniture and some antiques.

Address: *On the Patnem to Palolem road, Patnem, behind April 20*

INDIA LOVE

India Love is a boutique with beautiful ethnic finds, clothes, jewellery and soft furnishings.

Address: *On the Patnem beach road*

CHAUDI

SATURDAY CHAUDI MARKET

Chaudi is the local town and contains all the basic shops, banks, fish market etc. On a Saturday there is a more extensive market, with many fruit and vegetable sellers, spice sellers and various other goods. Chaudi gives a little insight into a small Indian town.



RESTAURANTS

There are many restaurants on offer in and around the local beaches. We have made a small list of restaurants that our previous guests have mentioned as a must visit whilst on holiday. They offer something different to the beach style restaurants.

OUREM 88 +91 86988 27679

This restaurant is British run and is situated behind the south end of Palolem beach. It is most certainly a hidden gem. Serving Gastro European dishes whilst incorporating local produce, Ourem 88 is a great choice for that special meal. With only a handful of tables, it is advisable to book in advance.

Address: *Ourem, Palolem*

JAALI CAFE & BOUTIQUE +91 8007712248

The Cafe serves Mediterranean & Middle Eastern influenced cuisine in tapas style small plates. The menu offers a generous variety of vegetarian, vegan, seafood and meat dishes, as well as excellent coffee and cocktails. The shady courtyard offers a beautiful setting for daytime dining and the cafe opens on a Thursday, Friday and Saturday evenings. Look out for special events such as movie nights. Bookings are taken and it's also possible to book the venue for a private function. Attached is a beautifully curated boutique, filled with items from all over India, antiques, garments, jewellery and bedlinen.

Address: *Patnem to Palolem road, Patnem, behind April 20*
www.jaaligoa.com

CAFE INN

Situated at the top of Palolem beach road, this cafe is not hard to find. It is a semi open air cafe with a mix of English, Mediterranean, Israeli and Indian cuisine. You will be hard pushed not to find something for every appetite. Whether it is a healthy juice, a vodka infused slush or cappuccino you're after, you will realise why Cafe Inn is a popular choice for many visitors in and around the area.

Address: *Corner of Palolem Beach Road, Palolem*



LITTLE WORLD

An honest pure vegetarian and vegan cafe. This small cafe serves healthy breakfasts, lunches and dinners. Their masala chai is a must to quench your thirst. The family run business also holds cookery classes and sell small gifts including their unique masala chai mixture. It really does taste that good.

Address: *Palolem Beach Road, Palolem*

STARLIGHT PUSSY

This is a locals restaurant on the side of the river Sal. They serve the best Goan Seafood (try the crab masala). This restaurant is a half an hour drive from The Cape Goa on the beautiful coast road and is really worth a visit.

Address: *Assolna, River side road*

ZEST

Raw, Vegan and Vegetarian Cafe. Zests' relaxing vibe is the perfect place to visit after your yoga class and rejuvenate with a healthy juice, salad or meal bowl or if you want to indulge, try out the raw vegan dessert options. You will not be disappointed.

Address: *Agonda beach road and Palolem*

INDIAN STREET FOOD

There are several street stalls on the roadside, serving Bhelpuri, Gobi Manchurian and many more fried snacks. The stalls open around 6pm every day.

Address: *Chaudi opposite St Teresa's church*

PALACIO DO DEAO +91 98 2317 5639

A 213 year old Portuguese mansion set in lush tropical gardens. You are welcome to take a tour of the house and its original furniture and features. Also enjoy amazing home cooked Goan food in the garden view Belvedere. For food please book in advance.

Address: *Opposite Holy Cross Church, Quepem, Goa*
www.palaciოდodeao.com



LOCAL ACTIVITIES

This list is by no means exhaustive. If you want to know where to buy flowers, cakes, gifts or a local pool to take your kids to, please ask at reception or send us an email.

BEACHES

There are many beautiful beaches within close distance to The Cape Goa. These include Cola, Agonda, Palolem, Colomb, Patnem, Talpona and Galgibag. The next beach along is Cola which is small bay and has a lovely lagoon for swimming. There are a couple of beach shacks for refreshments. Agonda beach, is just 30 minutes away. As well as the 2km long stretch of sand, it offers a range of shops and restaurants, yoga and treatment centres.

TANSHIKAR SPICE FARM +91 942 118 4114

A small scale family run organic spice farm. They provide a tour and explanation of the growing spices and they cook local Goan food. Preferably arrive late morning (around 11am), see the plantation and then have lunch.

Address: Near Smriti Yoga, Netravali, Sanguem, Goa (1 hours drive)
www.tanshikarspicefarm.com

COTIGAO WILDLIFE SANCTUARY

There are snakes, leopard, deer, giant squirrels and many more species in the sanctuary. But they tend to avoid humans. You stand a good chance of spotting peacocks, tropical birds and butterflies though. The sanctuary is great for a jungle walk.

Address: Cotigao, Goa (40 mins drive)

GOA JUNGLE ADVENTURES

If you are looking for adventure, go no further than this company that offer thrill seeking canyoning day trips. For all levels, whether it be an informative jungle walk and a swim in the aquatic canyon or the more challenging jumps and abseiling down waterfalls there is a tour designed for you. Day trips include transportation to various destinations depending on your level of physical challenge.

Address: Palolem
www.goajungle.com

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WET SHAVE

There are several men's barbers to choose from in Agonda.

When sitting down for your first Indian shave, it pays to know the order of business. Step 1 is preparing the razor - most barbers use a cut-throat razor that takes a fresh disposable blade for every shave. Step two is the lather: shaving soap is whipped into a flurry and applied to the chin and lip. Step 3, with gentle tugs and pinches the barber will pull your skin taut and remove the foam and stubble with graceful sweeps of the blade.

CABO DE RAMA

Fort Cabo de Rama is the largest and one of the oldest forts in Goa. The fortress occupies an impressive area. It is worth a stroll across the headland to have a look.

Address: *Cabo De Rama, Cola, Goa (5 mins drive or 15 min walk)*

GOKARNA

Gokarna is a small temple town in the state of Karnataka. The temple is visited by many pilgrims and tourists. Gokarna is on the coast and has some beautiful beaches nearby, and a small Indian town to explore.

Address: *Gokarna, Karnataka (3 hour drive)*

DOLPHIN TRIP (approx. 1 ½ hours)

Take a boat out to watch the dolphins in their environment. It is a peaceful journey out at sea. The best time to do this is early in the morning. Please speak to the staff at the resort who will kindly give you further information. Prices vary depending on number of people.

BOAT TO AGONDA & TAXI RETURN

If you fancy heading to Agonda for the day why not take a boat. You may even see dolphins or the beautiful sea eagles swooping down into the sea on the search for food. On arrival to Agonda, take in the beautiful beach and the local village. Please speak to our staff who will kindly arrange this trip for you.

Notes: Leaving time is based on tides, and guests can return at anytime simply by visiting any of our Agonda Resorts and they will call a taxi to return guests to The Cape Goa.

OLD GOA, PANJIM

Old Goa is situated 10km east of Panjim city which is the Capital of Goa. Old Goa contains several old churches and cathedrals and there are museums and ruins. It is a lovely area to wander around. It is about 2 hours from Cabo De Rama.

Address: *Old Goa, Panjim (2 hour drive)*

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YOGA

There are many Yoga schools operating in the Canacona area, the closest being at Agonda beach where you can participate in various drop in classes dependent on your ability.

YOGAMEA

If your interest is with teaching Yoga, we can recommend the school Yogamea which holds 4 week intensive 200 hour Hatha Yoga teacher training courses based in Agonda. The courses meet all the standards of the Yoga Alliance USA, Europe and the UK which enables you to register with the relevant regulatory body in your region after you complete the course and entitles you to insurance and support from the ever growing Yoga Community. If you are interested in this school please ask at reception for more information.

Address: *Agonda, left at the church*

www.yogamea.com

TREATMENTS

BIO VEDA AGONDA

This traditional centre offers a wide variety of Ayurvedic treatments and programmes and has been operating in Goa since the year 2000. For a booking contact reception.

Address: *Behind Agonda Villas, Agonda beach*

ALTERNATIVE TREATMENTS

There are many types of treatments available in the area from massages to watsu to sound bowl therapy. Therapists advertise at all the beaches.

AMORE BEAUTY SPA +91 703 067 1552

Amore Beauty Parlour offers a variety of professional beauty treatments such as pedicures, manicures, waxing and threading.

Address: *Palolem high street, Palolem*



EVENING ENTERTAINMENT

There are live music nights which take place each week on Agonda, Palolem and Patnem beaches. There are also various club nights. Please ask at reception for more details. There is also a facebook group page which provides information for events taking place in the local area. The group is called South Goa Night Life.

TRANSPORT

TAXI

If you require a taxi, please ask for a quote at reception.

BIKE HIRE

If you require a bike to rent during your stay, please ask at reception and we can assist.