



SÃO TOMÉ & PRÍNCIPE

October 18 - October 25, 2024

Led by Local Guides

São Tomé & Príncipe are two islands that are part of the Cameroon volcanic mountain line, a chain of volcanoes situated in the Gulf of Guinea off the coast of Equatorial Guinea and Gabon. This tropical paradise, founded in the 15th century, has a rich and colorful cultural identity heavily influenced by Portuguese and African cultures. Connect with the local communities, explore natural rainforests while looking for wildlife, and soak up the sun on its pristine beaches.

Spend a day exploring the north coast of São Tomé, Portuguese for “Saint Thomas,” discover attractive colonial-era architecture, vibrant gardens, and cocoa plantations, and visit the location where Portuguese navigators first landed. On the southern coast, visit a local fishing community and take a canoe through the stunning mangroves to spot tropical birds, colorful butterflies, and mischievous monkeys.

Príncipe is the oldest of the volcanic islands of the Gulf of Guinea and is known for its unique biodiversity and marine ecosystem. This is the ideal paradise for relaxing or participating in water activities such as snorkeling or kayaking. For those looking for a more active experience, trek to several viewpoints for spectacular photo opportunities. At Obo National Park, enjoy hiking through the lush forests to towering waterfalls and visiting old colonial coffee and cocoa plantations.

Ihab Zaki
Managing Director

Friday, October 18
Arrive in **SÃO TOMÉ**

Upon arrival in **São Tomé**, meet the local representative and transfer to *Avenida Hotel or similar* for check-in, have a tour briefing and overnight.

Saturday, October 19
São Tomé (North Coast)



Spend the day exploring the north coast of São Tomé, stopping in **Bela Vista**, was once one of the largest cocoa producers on the island. At the nearby **Roça Boa Entrada**, visit one of the most architecturally beautiful houses of the colonial era. The journey continues to **Roça Agostinho Neto** to see the old (now dilapidated) **Roça Hospital**, built during the colonial period. The **Agostinho Neto Garden** is one of the most visited sites in São Tomé, partly due to its size, partly to the beautiful architecture of its buildings, and somewhat due to its museum, which houses many antique pieces from the colonial period. Pass through **Guadalupe**, the main city of the **Lobata district**. The highlight of the afternoon is a visit to the beautiful **Lagoa Azul Beach** where we can enjoy swimming or just appreciate the beauty and tranquility of the beach. Enjoy lunch at a local restaurant, then drive back to **Praia**, passing by **Neves**, the main industrial city where the famous national beer, 'Rosema,' is produced. Also, stop at **Anambó**, the island's landmark, where Portuguese explorers first landed. Return to the *Hotel*, free afternoon at leisure and overnight. **(B,L)**

Sunday, October 20
São Tomé (Roco de Porto Alegre)



Enjoy breakfast, then begin a two-hour scenic drive to the fishing village of **Porto Alegre**, known as the “Happy Port.” Stop en route at **Angolares**, the main town of the **Caué District** for lunch and then continue to **Pico Cão Grande**, the iconic image of São Tomé, formed by volcanic rocks that seems to point to the sky like a giant finger and are surrounded by beautiful forests. Upon arrival in Porto Alegre, transfer to *Praia Inhame Ecolodge or similar* for check-in and overnight. **(B,L)**

Monday, October 21
São Tomé (Southern Beaches & Malanza)



Spend the morning exploring some of the island's **Southern Beaches** and **Malanza**, a fishing community near **Porto Alegre**. Take a local canoe through the tropical **mangroves** to spot tropical birds, colorful butterflies, playful monkeys, and anything else that nature has to show. Enjoy a delectable lunch prepared by the famous Chef at **Roça São João** and then return to the *Hotel* for a free afternoon at leisure and overnight. **(B,L)**

Tuesday, October 23
São Tomé - (PRÍNCIPE)



Transfer to the airport for our morning flight to the beautiful island of **Príncipe** for the next two nights. This island is the smaller of the two main islands in the country, with a population of about 8,000 people. Upon arrival, transfer to *Roca Belo Monte Hotel or similar* for check-in and enjoy lunch. Free afternoon at leisure, or if you are looking for more adventure, trek to the **Belo**

Monte and **Oke Daniel** viewpoints, which offer exceptional views over the stunning landscape. Snorkeling or kayaking along the coastline from the *Hotel* is also a possibility. Overnight at the *Hotel*. **(B,L)**

Wednesday, October 24

Príncipe (Obo National Park & Plantations)



After breakfast, begin the drive to pristine forest area of **Obo National Park**, passing through **coffee plantations** along the way. Visit the **botanic gardens** before embarking on a hike through the park. The views are stunning, with lush green forests, mangroves, Savannah, and towering waterfalls. The park is home to many bird species, butterflies, amphibians, bats, and monkeys. Lunch will be packed or at the *Hotel*, depending on how long the hike will take. In the afternoon, head to visit the old colonial **coffee** and **cocoa plantations** on the island and enjoy a **walking tour** of the main settlement, **Santo Antonio**. Return to the *Hotel* for overnight. **(B,L)**

Thursday, October 25

Príncipe - USA



Transfer to the airport in the very early morning for your flight back to the US. **(B)**

We reserve the right to change the order of activities or sites due to unexpected events such as flight cancellations or changes of schedule, or any other reasons beyond our control in order for the program to operate efficiently.



Tour Cost (Land Only):

4-5 travelers \$3,295.00

6-8 travelers \$2,895.00

Per person sharing in double occupancy

Single supplement: \$495.00

Price based on group size minimum of 2 participants and maximum of 8 participants

Trip Grade: II Lodging Level: ***



Tour Includes:

- Airport/Hotel Airport Transfers.
- Accommodation in standard first-class hotels and lodges mentioned or similar.
- Inter-island flights.
- Meals as mentioned in the itinerary (B: Breakfast, L: Lunch and D: Dinner).
- English-speaking guide or naturalist/assistant during all tours and safaris.
- Transportation by 4-WD or vans.
- All entrance fees to mentioned sites, activities, and safaris.

Trip Grade:

II Active: Some hikes, slightly more demanding walks at or to sites, few elevations, comfortable but busy schedule and some long rides.

Lodging Level:

***** Superior:** Lodges and hotels with additional amenities, refined service, and comfort level acceptable to western standards. (3 or 4 stars).



Tour does not include:

- International airfare in and out of São Tomé & Príncipe.
- São Tomé visa - not required for US Citizens (must present a Yellow Fever vaccination card with passport).
- Meals not mentioned or alcoholic drinks with or without meals.
- Items of a personal nature (camera fees, laundry, excess luggage, etc.).
- Transfers if not arriving/departing on tour dates.
- Dayroom/overnights necessitated by changes in airline schedules or misconnections.
- Gratuities to guides, drivers, porters, hotel staff, etc.
- Travel protection insurance (Highly Recommended).

