



# SÃO TOMÉ & PRÍNCIPE

January 27 - February 02, 2025

Led by Local Guides

Can be combined with Gabon, Congo, DRC, & CAR tour (February 03 - February 18, 2025) **AND** Equatorial Guinea Extension (February 19 - February 23, 2025)



*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,” to 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

**Monday, January 27**

Arrive in **(SÃO TOMÉ)**

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

**Tuesday, January 28**

**São Tomé (Roco de Porto Alegre)**



After breakfast, head on a scenic drive (2 hrs.) to **Porto Alegre**, the “Happy Port.” Stop along the route at **Angolares**, the main town of the **Caué District**, for lunch. The journey continues to **Pico Cão Grande**, the iconic image of São Tomé, formed by volcanic rocks that seem to point to the sky like a giant finger and are surrounded by beautiful forests. Once we arrive in Porto Alegre, transfer to *Praia Inhame Ecolodge or similar* for check-in, & overnight. **(B,L)**

**Wednesday, January 29**

**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 for an excursion 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**. Return to the *Hotel*, free rest of the day at leisure and overnight. **(B,L)**

**Thursday, January 30**

**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 smallest 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 a similar* hotel for check-in. Enjoy lunch, a free afternoon at leisure, and overnight at the *Hotel*. **(B,L)**

***Note:** If you want to enjoy an afternoon adventure, make the optional 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.*

**Friday, January 31**

**Príncipe (Obo National Park & Plantations)**



After a relaxing breakfast, transfer to the pristine forest area of **Obo National Park**, passing through **coffee plantations** along the way. Visit the **Botanic Plantations** before embarking on an easy 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. 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)**

***Note:** Depending on the duration and intensity of the hike, lunch will either be packed for a picnic amidst nature's serenity or arranged at the Hotel.*

**Saturday, February 01**

**Príncipe - São Tomé**



Transfer to the airport in the morning for the return flight to **São Tomé**. Upon arrival, begin the day's visits heading to the North Coast, starting with **Bela Vista**, 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. Continue the journey 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 partly due to its museum, which houses many antique pieces from the colonial period. From the garden, pass through **Guadalupe**, the main city of the **Lobata district**. The afternoon's highlight will be visiting the

beautiful **Lagoa Azul Beach** for swimming or just appreciating the beauty and tranquility. After lunch at a local restaurant, on the way back to **Praia**, pass by **Neves**, the main industrial city where the famous national beer, 'Rosema,' is produced. Also, stop at the island's landmark, **Anambó**, where Portuguese explorers first landed. Once we arrive in Praia, transfer to *Avenida Hotel or similar* for check-in and overnight. **(B,L)**

**Sunday, February 02**

São Tomé - USA

**OR** Continue to **GABON, DRC, CAR & CONGO**



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

**OR** Continue to **CENTRAL AFRICAN REPUBLIC.**

*Note: For those continuing to CAR, an extra night on February 02 will need to be reserved with a free day in Bangui on February 03 (not included in cost).*

*"We reserve the right to change the order of activities/visits or sites due to unexpected events such as flight cancellations, changes of schedule, or any other reasons beyond our control. We will do our best to ensure that any necessary changes when/if needed to meet the needs of our clients".*



**Tour Cost (Land Only):\$3,495.00**

*Per person sharing in double occupancy*

**Single supplement: \$595.00**

*Price based on group size minimum of 4 participants and maximum of 12 participants*

**Trip Grade: II**

**Lodging Level: \*\*\***

**Tour Includes:**

- Airport/ Hotel /Airport Transfers.
- Accommodation in standard first-class hotels and lodges mentioned or similar (3-4 star).
- São Tomé – Príncipe - São Tomé flights.
- Meals as mentioned in the itinerary (B: Breakfast, L: Lunch and D: Dinner).
- English-speaking guide or naturalist/assistant during all tours.
- Transportation by 4-WD or vans.
- All entrance fees to mentioned sites, activities, and safaris.

**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).

**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).