

A tropical landscape featuring a person in a small wooden canoe on the water in the foreground. The background is dominated by lush green hills and a prominent, sharp mountain peak partially shrouded in mist. The sky is overcast with soft, diffused light.

DISCOVER PRÍNCIPE

7 NIGHTS IN PRÍNCIPE

AND 3 NIGHTS AT OMALI LODGE, SÃO TOMÉ

PRÍNCIPE – SUNDY PRAIA | ROÇA SUNDY
SÃO TOMÉ – OMALI



DISCOVER PRÍNCIPE

With geo-coordinates 1°N,7°E, São Tomé and Príncipe, the second-smallest country in Africa, is located at the centre of the world. Created by volcanic activity millions of years ago, these striking islands rise out of the Gulf of Guinea and the vibrant rainforests are amongst the most biodiverse on the planet. In particular, Príncipe, a UNESCO Biosphere Reserve, is home to several endemic terrestrial and marine species. Additionally, the island is home to deeply Earth-connected, warm, and welcoming people.

This 7-night discovery of Príncipe uncovers the wonders of the island and delves into the gripping history. Visit the historic roças and cacao plantations, explore the other-worldly coastline by boat, venture deep into the rainforest and discover the unique flora and fauna, and spend time with the local people to gain true insight into life on this one-of-a-kind island destination.

ITINERARY SNAPSHOT

- ✓ Arrival at São Tomé Airport, followed by a 3-minute transfer to Omali Lodge.
- ✓ **1 x night Omali Lodge**
- ✓ Transfer to Roça Sundry, Príncipe via a 35-minute domestic flight.
- ✓ **3 x nights Roça Sundry**
- ✓ Transfer to Sundry Praia, Príncipe in the morning.
- ✓ **4 x nights Sundry Praia**
- ✓ Transfer back to Príncipe Airport for the 35-minute flight to São Tomé and then to Omali Lodge.
- ✓ **2 x nights Omali Lodge**
- ✓ Departure for onward international flight.



WHO WE ARE & WHAT WE DO

HBD Príncipe is an ecotourism and agriculture business based in Príncipe, an island off the west coast of Africa, with a vision of the sustainable social and economic development in Príncipe and conservation of the island's UNESCO Biosphere Reserve.

Príncipe's nature and communities make it different; and we have a differentiated commitment to protecting them. HBD Príncipe believes that we have the opportunity and responsibility to disrupt the status quo: our mission is to become a global inspiration through sustainable integrated ecotourism, agroforestry, support services, and social initiatives.

Moreover, how we operate – by striving to minimise negative effects and increase positive contributions – is essential. In essence, this is sustainability; the HBD Príncipe team considers the direct impact and ramifications that our actions and decisions have on our vision, our operations, and the Biosphere Reserve – today and in the future.

One thing we know for certain is that this work takes time. While the HBD Príncipe team is hard at work and making progress, we still have more to do to achieve our goals.

AS GUESTS EXPLORE THE ISLAND'S BEACHES AND FORESTS, LEARN ABOUT AND ADMIRE FLORA AND FAUNA, AND ENJOY LOCAL FOOD AND DRINKS, THEY ARE ALSO CONTRIBUTING TO THIS JOURNEY OF SUSTAINABLE DEVELOPMENT.



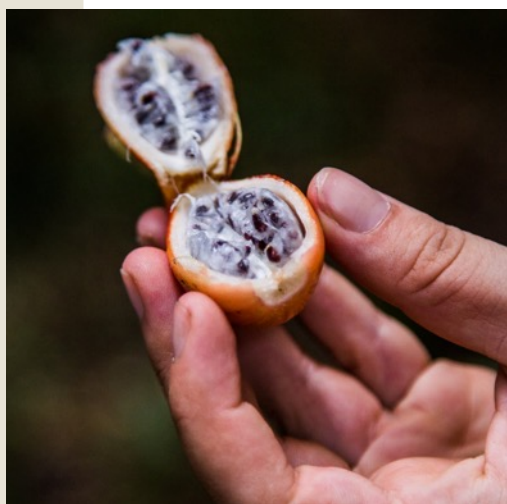
THE ITINERARY

DAY 1: ARRIVAL IN SÃO TOMÉ

- Arrive in São Tomé with TAP or STP Airways. From the airport, Omali Lodge is a 3-minute drive in a shared transfer. Check-in at Omali Lodge.
- An antigen test is to be taken in São Tomé City by all guests, 24 hours prior to departure to Príncipe. *Please refer to the COVID-19 information on our website for details.*
- Overnight at Omali Lodge, São Tomé.

DAY 2: OMALI LODGE TO ROÇA SUNDY

- Breakfast at Omali Lodge and transfer to São Tomé airport for a 35-minute domestic flight to Príncipe. Transfer from Príncipe Airport to Roça Sundy and check-in.
- After lunch at Roça Sundy, the heart of the island's chocolate story, embark on an afternoon 'Cacao Route' to experience the cacao journey from tree to table, visiting an agroforestry plantation and the old dryers to learn about the transformation process.
- Dinner and overnight at Roça Sundy.



DAY 3: ROÇA SUNDY

- After breakfast at Roça Sundy, take a light hike from the rainforest to the beach. Beginning at Roça Sundy, the hike winds downhill through the vibrant forest to a secluded beach. Once there, enjoy a light lunch and an ocean dip, before returning to Roça Sundy.
- This afternoon is leisure time. Enjoy some of our self-guided experiences and enjoy walking around the old buildings of the roça, exploring the hospital, and chatting with the community members. You may even get the chance to watch a pick-up football game!
- Dinner and overnight at Roça Sundy.



DAY 4: ROÇA SUNDY

- After breakfast at Roça Sundy, set sail to the Bay of Needles on the western side of the island. A spectacular spot with views like no other, there is time to see several beaches and a swim in the enchanting bay itself.
- Return to Roça Sundy for lunch. This afternoon is leisure time, with the possibility of walking local trails to enjoy the vibrant bird life.
- Dinner and overnight at Roça Sundy. Check-out will be sorted this evening, in preparation for the following day's experience.

DAY 5: ROÇA SUNDY TO SUNDY PRAIA

- Breakfast at Roça Sundy.
- Embark on a walking trail to the Lost City, beginning with a drive to Sundy Praia through HBD's cacao agroforestry plantation, which offers beautiful views of the sea as the road weaves down to the beach. At Sundy Praia, begin the trail and walk through coastal forest to the lost city of Ribeira Izé, which includes the ruins of a Catholic church. On the way back, stroll along the beach and take a dip in the ocean.
- Return to Sundy Praia for check-in (bags will be transported separately).
- At leisure this afternoon, enjoy some of our self-guided experiences. End the afternoon with a dusk stroll along the beach and listen out for the evening birdsong.
- Dinner and overnight at Sundy Praia.

DAY 6: SUNDY PRAIA

- Breakfast at Sundy Praia.
- Today's experience will take you by boat to the secluded beaches of the northeast side of the island. Discover the natural beauty of Príncipe from a different perspective and stop at a small fishing village and learn about the traditional way of life on the island. HBD contributes part of this experience's proceeds to the local fishing community.
- Return to Sundy Praia in the late afternoon.
- Dinner and overnight at Sundy Praia.



DAY 7: SUNDY PRAIA

- Breakfast at Sundy Praia.
- Embark on an early morning hiking trail to the Oquê Pipi Waterfall. Walk through the lush tropical forests of the Parque Natural do Príncipe, observing some of the island's most popular animal and plant species. Upon arrival at Cascata Oquê Pipi, the largest waterfall on the island, swim in the natural, crystal-clear 'pool.'
- Return to Sundy Praia for lunch and an afternoon at leisure. Time-permitting, enjoy a spot of snorkelling and discover the abundance of marine life around Sundy Praia.
- Dinner and overnight at Sundy Praia.

DAY 8: SUNDY PRAIA

- Breakfast at Sundy Praia.
- Today, discover Príncipe by car. Drive through some of the island's old roças and some of the most impressive viewpoints and stop to see the work of local artisans. The trip ends in the small city of Santo António, where lunch may be enjoyed.
- Please note: an antigen test may have to be taken 24 hours prior to departure to São Tomé Island. *Please refer to the COVID-19 section of the website for more details*
- Dinner and overnight at Sundy Praia.

DAY 9: SUNDY PRAIA TO OMALI LODGE

- After breakfast, transfer from Sundy Praia to Príncipe Airport for the 35-minute domestic flight back to São Tomé. Transfer to Omali Lodge and check-in.
- Once settled at Omali Lodge, head into the city for lunch: explore some of the local restaurants, or walk along the promenade and browse the stalls and booths selling local produce.
- PCR testing will be carried out as per the departure requirements for São Tomé. *Please refer to the COVID-19 section of the website for more details.*
- Overnight at Omali Lodge.

DAY 10: OMALI LODGE

- Enjoy a final day and night at Omali Lodge before the onward flight home. Take the time to swim in the pool or take a stroll on the beach and soak up local life.
- Overnight at Omali Lodge.
- *Please note that two nights are currently recommended at Omali Lodge to allow time for PCR testing and results.*

OMALI LODGE & DEPARTURE

- After breakfast, transfer to the airport.
- The facilities of Omali Lodge are available for use until the transfer to the airport.



THE DETAILS

- This is a guideline of what to expect on a 7-night stay on Príncipe.
- All morning experiences depart at 8 a.m.
- Experiences will be confirmed at each property; all are weather-dependent.
- Please refer to the experiences sheet for a full list of experiences offered.
- São Tomé is the main island where the international flights arrive (TMS Airport). These flights must be booked directly by the guest or travel agent. Guests are required to overnight here, at Omali Lodge, before flying to Príncipe.
- To get to Príncipe, guests are required to fly on a 35-minute (approximately.) domestic flight.
- For up to date COVID-19 policies and requirements, please refer to the COVID-19 section of the website.

INCLUSIONS & EXCLUSIONS

Omali Lodge:

- Includes breakfast, in-room tea & coffee, airport transfers and WiFi.
- Excludes lunch, dinner, guided activities, local and imported drinks.

Roça Sundry:

- Includes dinner, breakfast, house drinks, tea & coffee, 1 x daily half-day guided experience, airport transfers and WiFi.
- Excludes lunch, additional experiences, premier and imported drinks, laundry and flights between São Tomé and Príncipe.

Sundry Praia:

- Includes dinner, breakfast, house drinks, tea & coffee, 1 x daily half-day experience, 30-minute welcome massage, airport transfers and WiFi.
- Excludes lunch, additional experiences, premier and imported drinks and flights between São Tomé and Príncipe.



WHAT TO PACK

- ✓ Loose, light-fitting clothes
- ✓ Light rain jacket
- ✓ Swimming costume
- ✓ Hat
- ✓ Flip flops
- ✓ Good walking (hiking) shoes
- ✓ A small day pack
- ✓ Sunglasses
- ✓ Sunscreen
- ✓ Camera

DISCOVER PRÍNCIPE

10-NIGHT ITINERARY RATES

Special Offer Based on 2 pax sharing per night	VALID: 31 October'21 - 30 June'22 and 1 September'22 - 22 December'22 20% Discount on 7-night stay on Príncipe and last 2 nights at Omali Lodge	
Day 1: Omali Lodge	Classic Room	€195.00
Days 2 – 5: Roça Sundy	Eclipse Yard Room	€1 296.00
Days 5 - 9: Sundy Praia	1 Bedroom Villa	€3 680.00
Days 9 - 11: Omali Lodge	Classic Room	€312.00
Tourism Levy	€3.00 per person per night	€60.00
Conservation & Communities Levy	€25.00 per person per night (Príncipe)	€350.00
STP Flights between the islands	€270.00 per person round-trip	€540.00
TOTAL ACCOMMODATION		€6 433.00

Rack Rate Based on 2 pax sharing per night	VALID: 1 July'22 – 31 August'22	
Day 1: Omali Lodge	Classic Room	€195.00
Days 2 – 5: Roça Sundy	Eclipse Yard Room	€1 620.00
Days 5 - 9: Sundy Praia	1 Bedroom Villa	€4 600.00
Days 9 - 11: Omali Lodge	Classic Room	€390.00
Tourism Levy	€3.00 per person per night	€60.00
Conservation & Communities Levy	€25.00 per person per night (Príncipe)	€350.00
STP Flights between the islands	€270.00 per person round-trip	€540.00
TOTAL ACCOMMODATION		€7 755.00





PRÍNCIPE - SUNDY PRAIA | ROÇA SUNDY | BOM BOM
SÃO TOMÉ - ÔMALI