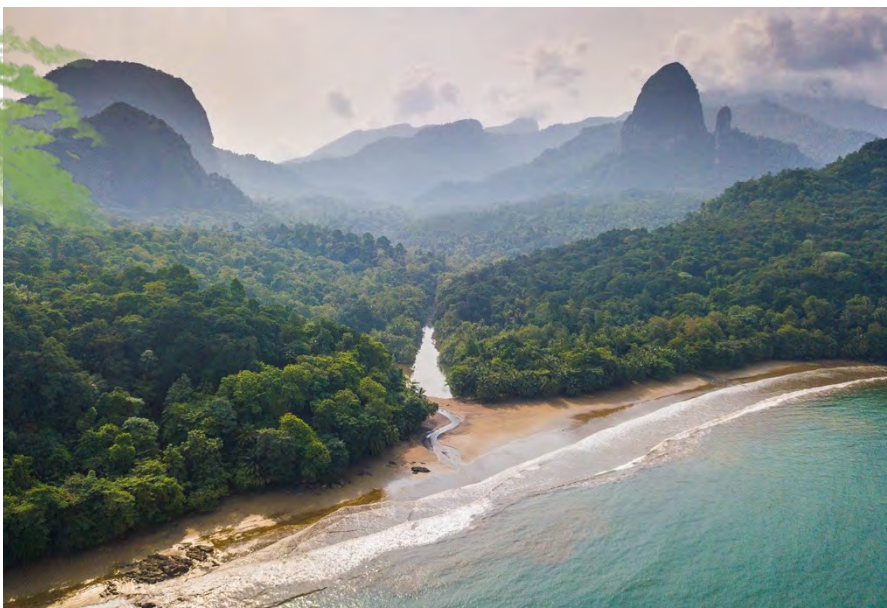




# Discover Príncipe

## Itinerary Example

PRÍNCIPE – SUNDY PRAIA | ROÇA SUNDY  
SÃO TOMÉ – OMALI



# Discover Príncipe

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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 8-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 Sundy, Príncipe via a 35-minute domestic flight.
- ✓ 3 x nights Roça Sundy
- ✓ Transfer to Sundy Praia, after your included half day experience.
- ✓ 4 x nights Sundy Praia
- ✓ Transfer back to Príncipe Airport for the 35-minute flight to São Tomé.
- ✓ Departure for onward international flight.

# Who We Are & What We Do

**We are** 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. **We** believe 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; **our** 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 **our** 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

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## DAY 1: ARRIVAL IN SÃO TOMÉ & OMALI LODGE

- Arrive in São Tomé at the International Airport.
- The Omali team will meet you on arrival at the airport. From the airport, Omali Lodge is a 3-minute drive in a shared transfer.
- Check-in at Omali Lodge and meet the rest of the wonderful team. The rest of the evening is yours to enjoy dinner and have a good night's sleep after your long journey.
- Overnight at Omali Lodge, São Tomé.

### OMALI LODGE

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

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## DAY 2: OMALI LODGE TO ROÇA SUNDY

- Breakfast at Omali Lodge
- Depending on your flight time to Príncipe, there may be time to explore the city of São Tomé this morning and enjoy lunch before you transfer to the airport. Otherwise, you will depart in the morning for the 35-minute domestic flight to Príncipe.
- Transfer from Príncipe Airport to Roça Sundy and check-in.
- The Experience Team will meet you on arrival and discuss your exciting experience program for the week ahead. *Please note experiences will be confirmed at each property; all are weather dependant.*
- Depending on flight times, enjoy an included half-day experience, as per the below.
- Dinner and overnight at Roça Sundy.

### ROÇA SUNDY

**Includes** dinner, breakfast, house drinks, tea & coffee, 1 x daily half-day guided experience and WiFi.

**Excludes** lunch, additional experiences, premier and imported drinks, laundry



### EXPERIENCE: CACAO ROUTE

There's no better way to understand Príncipe's agricultural past than this curated 'tree-to-table' experience, which vividly brings the island's chocolate story to life. During a visit to HBD's agroforestry plantation and small-batch chocolate factory, you'll learn the secrets of the drying process, and taste a range of delicious, cacao-packed treats.



### DAY 3: ROÇA SUNDY

- Breakfast at Roça Sundy
- After breakfast, enjoy your included half day experience, as per below.
- Return to Roça Sundy for lunch.
- This afternoon is for you to enjoy at your leisure and, if you wish, enjoy some of our self-guided experiences.
- Dinner and overnight at Roça Sundy.

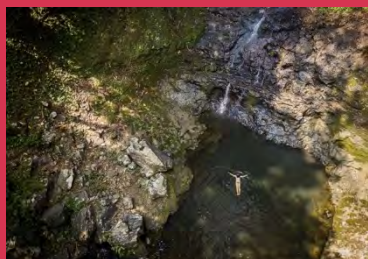


#### EXPERIENCE: BAY OF NEEDLES

With prehistoric phonolite towers which rise dramatically from the landscape, Baía das Agulhas, or the Bay of Needles, is a geographical wonder. Take a boat trip to this otherworldly bay, within the UNESCO Biosphere Reserve and on the edge of the Parque Natural do Príncipe, to swim and snorkel.

## DAY 4: ROÇA SUNDY

- Breakfast at Roça Sundy
- After breakfast, enjoy your included half-day experience, as per below.
- Enjoy the rest of the afternoon at leisure, with the possibility of walking the local trails to enjoy the vibrant bird life and beautiful scenery.
- Dinner and overnight at Roça Sundy.
- Check-out will be sorted this evening, in preparation for the following day's experience.



### EXPERIENCE: OQUÊ PIPI WATERFALL

Trek through the rainforest in the Parque Natural do Príncipe to the island's largest waterfall, Oquê Pipi, for a refreshing dip in the crystal-clear natural pool. As you hike, an expert guide shares their knowledge of Príncipe's unique wildlife, whilst looking out for birds – such as the Príncipe speirops – and elusive civets.

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## DAY 5: ROÇA SUNDY TO SUNDY PRAIA

- Breakfast at Roça Sundy.
- After breakfast, enjoy your included half-day experience, as per the below.
- Lunch may be enjoyed in Santo António (for your own account).
- After lunch, check in at Sundy Praia and meet the amazing team here.
- This afternoon is at your leisure, so make the most of your new surroundings and explore!
- Dinner and overnight at Sundy Praia.

### SUNDY PRAIA

**Includes:** dinner, breakfast, house drinks, tea & coffee, 1 x daily half-day experience, 30-minute welcome massage, WiFi and airport transfers **Excludes** lunch (unless included on an activity), additional experiences, premier and imported drinks.



### EXPERIENCE: DISCOVER PRÍNCIPE

Soak up tropical scenery on a culture-packed driving adventure, which passes through many of Príncipe's historic roças, stopping off to see local artisans at work, such as ecopreneur Bela de Pina, who crafts jewellery from glass bottles. To get to know Príncipe even better, add in lunch in Santo António, the world's smallest capital city.

## DAY 6: SUNDY PRAIA

- Breakfast at Sundy Praia.
- After breakfast, enjoy your included half-day experience, as per below.
- Return to Sundy Praia for lunch (own account)
- End the afternoon with a dusk stroll along the beach and listen out for the evening birdsong.
- Dinner and overnight at Sundy Praia.



### EXPERIENCE : RAINFOREST TO BEACH

Beginning at Roça Sundy, meander through historic forest before emerging at a secret, nestled beach for a specially prepared delectable surprise. Afterwards enjoy a dip in the ocean, before taking a stroll along the coast to Sundy Praia.

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## DAY 7: SUNDY PRAIA

- Breakfast at Sundy Praia.
- After breakfast, enjoy your included half-day experience, as per below.
- Return to Sundy Praia in the late afternoon.
- Dinner and overnight at Sundy Praia.



### EXPERIENCE : NORTHEAST BEACHES

Journey by boat across glittering turquoise waters to the enchanting beaches of Príncipe's northeastern coast, including photogenic Praia Banana and Praia Boi. On the way, visit a small fishing village to learn about age-old traditions and day-to-day life on the island (*lunch is included in this experience*).

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## DAY 8: SUNDY PRAIA

- Breakfast at Sundy Praia.
- After breakfast, enjoy your included half-day experience, as per below.
- Return to Sundy Praia for lunch
- At leisure this afternoon, enjoy some of our self-guided experiences.
- Dinner and overnight at Sundy Praia.
- Check-out will be sorted this evening, in preparation for the following day's departure.



### EXPERIENCE : LOST CITY TRAIL

Walk from Praia Sundy through the jungle to wonder at the atmospheric, abandoned remains of Príncipe's first settlement, Ribeira Izé. Here, the crumbling stone ruins of its Catholic Church still stand, tangled between gnarled ceiba tree roots. Afterwards amble along the beach, Praia Mocotó, and enjoy a cooling ocean swim.



## DAY 9: SÃO TOMÉ | ONWARD FLIGHT

- Breakfast at Sundy Praia.
- Depending on flight there, there may be time to enjoy a last morning by the pool or one of our self-guided experiences, before transferring from Sundy Praia to Príncipe Airport for the 35-minute domestic flight back to São Tomé. Otherwise, depart for the airport straight after breakfast.
- Arrival in São Tomé.
- International flight departure from São Tomé



## The Details

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- ✓ This itinerary is a guideline of what to expect during your stay on Príncipe. Experiences are all weather-dependent and may be swapped when you arrive on the ground.
- ✓ Please refer to the website for a full list of experiences offered.

### 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

WE HOPE YOU HAVE THE MOST WONDERFUL  
TIME IN PARADISE WITH US!

Wishing you a wonderful and safe journey home!