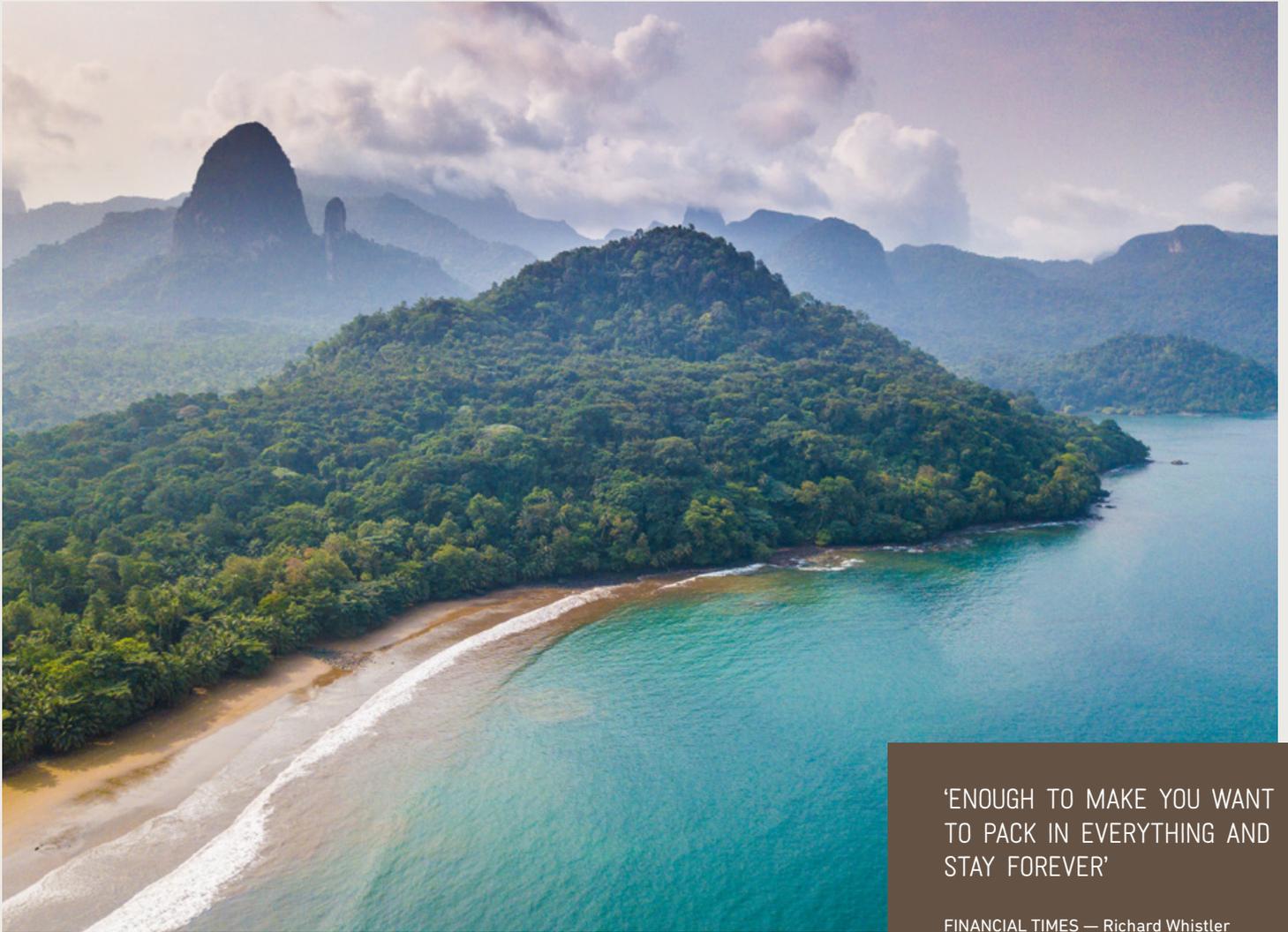




YOUR
TRAVEL
INSPIRATION

SÃO TOMÉ AND PRÍNCIPE



'ENOUGH TO MAKE YOU WANT
TO PACK IN EVERYTHING AND
STAY FOREVER'

FINANCIAL TIMES — Richard Whistler

SÃO TOMÉ AND PRÍNCIPE THE CHOCOLATE ISLANDS

How to get to São Tomé

FROM EUROPE

Fly direct from Lisbon (www.flytap.com) and www.stpairways.st)

FROM AFRICA

Fly direct from Luanda (www.taag.com), Accra (www.tap.pt), Libreville (www.flyafrijet.online) and Malabo (Ceiba).

Ask your travel agent for more information.

How to get to Príncipe

Daily flights from São Tomé (www.stpairways.st and www.africasconnection.net).



WHY ADD SÃO TOMÉ AND PRÍNCIPE TO YOUR BUCKET LIST?

- 1.** The country is a small archipelago of two small tropical islands surrounded by emerald seas and golden sandy beaches.
- 2.** The inhabitants of São Tomé and Príncipe are genuine and happy people.
- 3.** São Tomé and Príncipe is one of the safest destinations in África.
- 4.** A tropical destination with no jet lag; only 6 hour flight from Europe (Lisbon).
- 5.** This destination offers the chance to travel back in time visiting the "Roças", old cocoa plantations houses from the time when São Tomé and Príncipe was one of the world biggest cocoa producers.
- 6.** You'll find walking trails through primeval rainforests giving you an unforgettable sense of nature.
- 7.** Tasteful cuisine made with fresh fish, tropical fruits, organic vegetables and seasonal herbs are the main ingredients of delicious African dishes.
- 8.** The chance to watch sea turtles nesting and hatching. The turtle season has two periods, the nesting from October to January and the hatching from December to April.
- 9.** Watch the humpback whales on their migration route from June to August and dolphins throughout the year.
- 10.** The islands are considered an extraordinary place for birdwatching. Specialists have sighted over 143 species of birds, more than 30 of which are endemic.
- 11.** The Equator passes right through the islands.
- 12.** You can sleep where the Einstein's General Theory of Relativity was proven in 1919 by Sir Arthur Eddington.
- 13.** Principe island is a UNESCO Biosphere Reserve where people are committed to sustainable development.
- 14.** Bom Bom has a PADI certified Dive Center, so you can also explore the crystal waters with maximum security.

Information and reservations

More information and reservation of our hotels, please visit discoverprincipeisland.com or contact us at sales@hbd.com

TIPS FOR TRAVELERS

Money

We recommend you bring Euros or Dollars to exchange at the bank for Dobra (STN), the local currency. At our hotels you can pay with Visa, Mastercard and AMEX credit cards. You cannot withdraw money from ATM machines on the islands.

Vaccination

If you have visited any other African country in the past 3 months, you must present a valid 'International Vaccination Certificate' for Yellow Fever on arrival. Please ask your doctor for advice. Otherwise, no special vaccinations are required.

Weather

In São Tomé and Príncipe the temperature varies from 23° to 30°C. The rainy season occurs in April and November.

Tourist Visa

Valid passport holders from USA, Canada, EU and CPLP countries do not require a Tourist Visa when staying on the islands for up to 15 days. Please check for possible updates on legislation. Other nationality must apply online for a Tourist Visa at www.smf.st/evisa/.

Seasons



BIRDWATCHING (all year round)





AN INDULGENT
TROPICAL FOREST
DISCOVERY



SUNDY
RESTAURANT

Here, guests can dine under a vaulted bamboo-and-thatch ceiling, or outside under the stars, gazing onto the forest from an enchanting candle light terrace.

Principe is blessed with an abundance of natural produce, its forests filled with fruit and nuts, its waters brimming with tuna and wahoo. Inspired by this natural larder, our international chefs refine the best of the island's produce and traditions, creating seasonal menus bursting with original flavours and fresh organic ingredients.





WHERE TO STAY?

DIFFERENT EXPERIENCES...
SAME SPIRIT



OMALI

SÃO TOMÉ

Elegance and comfort for leisure and business

Omali means 'ocean' and 'source of life' and the hotel's perfect location next to the Lagarto beach but just 1.5 kms from the airport makes it a great base for exploring São Tomé. Tastefully decorated with lovely gardens, and well known for its excellent restaurant, the hotel offers 30 refurbished and comfortable rooms and suites for families and business travellers.

General facilities

Airport transfers
Electronic room safe
Free Wi-Fi
Gym
Meeting room
Restaurant & Bar
Swimming pool
Tennis court

Things to see and do

Bird watching
Diving
Gastronomical experiences
Private excursions
Rent a car
Walking tours

For more information and reservations

reservations@omalilodge.com
+ 239 222 2479 / 2350

omalilodge.com





BOMBOM

PRÍNCIPE ISLAND

Tropical beachfront experience

Picture a small islet hidden amongst tropical forests with its own paradisiacal beaches and you'll get some idea of what awaits you at Bom Bom Principe. With 19 comfortable rooms, you can opt for a pool view, garden view, sea view or step right off your veranda onto the beach.

General facilities

- Airport transfers
- Electronic room safe
- Exclusive sandy beaches
- Free Wi-Fi
- Gym
- Massage
- Meeting room
- Restaurant & Bar
- Souvenir shop
- Swimming pool

Things to see and do

- Bird watching
- Diving
- Guided tours
- Kayaks & Paddle boarding
- Snorkeling
- Sport fishing (tag & release)
- Turtle preservation
- Whale watching

For more information and reservations

info@bombomprincipe.com
+ 239 225 1141 / 1114

bombomprincipe.com





ROÇA

SUNDY · PRÍNCIPE ISLAND

Original plantation house

This lovingly restored old plantation house, whose grounds are shared with local villagers, will give you a real feeling of the character and history of Príncipe Island. Of its 15 authentically decorated rooms, you can choose between the Colonial House or the Plantation House, with spectacular tropical views.

General facilities

- Airport transfers
- Electronic room safe
- Free Wi-Fi
- Restaurant & Bar
- Satellite TV
- Swimming pool

Things to see and do

- Bird watching
- Hiking and trekking
- Plantation tours
- Star gazing

For more information and reservations

reservations@hotelrocasundy.com
+239 999 7000

hotelrocasundy.com





SUNDY

PRAIA · PRÍNCIPE ISLAND

Distinctive tented villas

Enjoy an intimate experience with nature, on the very edge of the ocean, surrounded by tropical forest. Creating the perfect balance of natural design and comfort, Sundy's 15 tented villas have spacious indoor and outdoor areas, including private terraces, some with their own private plunge pool. Nature and style are enhanced by the original bamboo dining area where local organic produce transforms meals into an unforgettable culinary journey.

General facilities

- Air conditioning
- AirPlay TV
- Electronic room safe
- Exclusive sandy beaches
- Free Wi-Fi
- Infinity pool
- Wellness area

Things to see and do

- Bird watching
- Coastal cruising
- Diving and Snorkeling
- Guided tours
- Turtle watching
- Whale watching

For more information and reservations

reservations@sundyprincipe.com
+239 999 5000

sundyprincipe.com



 NATIONAL
GEOGRAPHIC
UNIQUE LODGES
OF THE WORLD™



THE HOTELS AND SUSTAINABLE DEVELOPMENT

Príncipe Island is part of the World Network of Biosphere Reserves, a global programme to foster the conservation of biological and cultural diversity, promoting economic and social development based on partnerships between people and nature and encouraging green development options such as sustainable tourism and training for eco-jobs.

OUR COMMITMENT

We are committed to giving our guests exceptional, personalised service in a unique environment whilst engaging them in our mission to contribute to the sustainable and responsible development of Príncipe Island as well as the conservation of its precious biodiversity.

NÓN SÂ WA
DÂ TXI

(We are waiting for you)

discoverprincipeisland.com