

# SUNDY PRAIA

São Tomé and Príncipe, Príncipe Island



 NATIONAL  
GEOGRAPHIC  
UNIQUE LODGES  
OF THE WORLD™



Enjoy an intimate experience with nature, in 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 unforgettable culinary journey.

## Location & Access

The lodge is located at Príncipe Island, São Tomé e Príncipe

### BY AIR

From Portugal with TAP Portugal | [www.flytap.com](http://www.flytap.com) or STP Airways | [www.stpairways.st](http://www.stpairways.st)

From Accra, Ghana with TAP Portugal.

From Libreville, Gabon with Afrijet | [www.flyafrijet.aero](http://www.flyafrijet.aero)

From Luanda, Angola with TAAG | [www.taag.com](http://www.taag.com)

A domestic flight from São Tomé international airport operates daily to Príncipe Island.

In São Tomé main island, accommodation is provided at the boutique hotel Omali | [www.omalilodge.com](http://www.omalilodge.com)

Please ask us for further details.



Reservations: [reservations@sundyprincipe.com](mailto:reservations@sundyprincipe.com) | Telephone: +239 999 50 00 | Sales office: +351 93 655 3000

Address: Praia Sundy, Príncipe Island, São Tomé and Príncipe | GPS: 1°40'42.99"N 7°22'53.59"E | [www.sundyprincipe.com](http://www.sundyprincipe.com)

## São Tomé and Príncipe

Floating in the Gulf of Guinea, Africa's second-smallest nation, blends natural wonders with a gripping history. Once a vast network of plantations and a centre of global cocoa production, São Tomé and Príncipe has suffered an economic downturn since independence from Portugal in 1975. In the countryside, squatters inhabit once great mansions; in the capital, historic colonial buildings slowly decay on broken streets. Nevertheless, the country remains amazingly safe and welcoming to visitors, particularly ecotourists, for whom the advancing jungle is a delight.

This is particularly true on tidy and unspoiled Príncipe, an island of just 7000 people. A canopy of green broken by spires of primordial rock, Príncipe is a magnificent lost world, offering fantastic beaches, jungle exploration, snorkelling, fishing and birdwatching.

Príncipe is a magical land that time forgot. Come and explore its forests and coasts, its beaches and bays, and let the warmth of its people renew you.

## Travel Information

### Visa

Valid passport holders from USA, Canada, UE and CPLP countries do not need a tourist Visa when staying in the territory up to 15 days. Valid Schengen or USA Visa on your passport also entitles for the Visa waiving program. Any other nationalities must apply online for an electronic authorization at [www.smf.st/virtualvisa/](http://www.smf.st/virtualvisa/).

### Weather

The temperatures vary from 23º to 30º Celsius. The rainy season is between October and November and from April to May. During the remaining months of the year the weather is mostly humid and warm.

### Currency

Euros are widely accepted. Local currency is Dobras that can only be exchanged on arrival in the country.

### Vaccination

Only if you have visited any other African country in the past 3 months, you must present on arrival a valid "International Vaccination Certificate" for Yellow Fever. No other vaccinations are required.

## Sustainability

Lying in perfect isolation some 130 miles off the West African coast, Príncipe's forests shelter an abundance of endemic birds and plants, reptiles and amphibians – little wonder the island is sometimes referred to as Africa's Galapagos.

But this is not a desert island: Príncipe has its people too, living in the colorful main town, Santo António, or scattered in pretty fishing villages along the coast. Our goal is to maintain and build harmony between the people and their island, and Sundy Praia is a vital part of that goal, providing a model of sustainable, responsible tourism, with the people of Príncipe involved at its core.

## Accommodation & Facilities

Echoing the look of the wood-paneled fishermen's huts that once stood in this sheltered nook above the beach, the tented-villas exist in perfect harmony with their lush, forest surrounds. Local, handcrafted artefacts and designer pieces perfectly complement the spacious wooden interior, vast floor-to-ceiling sliding windows bring the outside in, affording sweeping views down to the sea.

All villas have stunning bathrooms, with a freestanding granite bath tub gazing out across the leafy estate. In keeping with our ethos of sustainable, responsible development, most oils and creams have been made on our organic farm, Paciência, run by the local community. The tented-villas come with an individual dressing area and maxi bar, replenished daily with local fruits and juices.

HOTEL FACILITIES				IN-ROOM FACILITIES			
NUMBER OF VILLAS	15	CHILDREN	Welcome	EXTRA BEDS	Yes	COFFEE AND TEA STATION	Yes
CATEGORY	*****	ORGANIZED TOURS	Yes	FAN	Yes	SAFE	Yes
ELECTRICITY	220 V	AIRPORT TRANSFER	Yes	AIR CON	Yes	MAXI BAR	Yes
WIFI	Yes	MOBILE PHONE SIGNAL	Yes	PRIVATE POOL	Pool villa	TELEPHONE	Yes
WELCOME MASSAGE	Yes	PRIVATE DINNERS	Various locations	MOSQUITO NETS	No	HAIRDRYER	Yes
CHECK IN	12:00	SWIMMING POOL	Yes	BATH	Yes	LAUNDRY INCLUDED	No
CHECK OUT	11:00	GYM	No	INDOOR SHOWER	Yes	DISABLED ACCESS	Yes
CREDIT CARDS	YES	SPA FACILITIES	Yes	TERRACES	Yes	TELEVISION	Yes

## Our Villas

**One-Bedroom tented-villas (8)** - guarantee an intimate, private escape. Dominated by a vast four-poster wooden bed, with comfortable sofas both in the lounge area and on the wraparound decking terrace outside, these simple but distinctive tented-villas are the ultimate romantic hideaway for two.

One-bedroom tented-villas comprise 70m<sup>2</sup> indoor + 50m<sup>2</sup> terrace.

**Two-Bedroom tented-villas (5)** - are perfect for families, or for two sets of friends staying together at Praia Sundy. Comprising two separate, independent units, the two-bedroom tented-villas share a large, common decking terrace, where families or friends can come together under the billowing canvas canopy to enjoy magnificent forest and sea views from the generous sofas.

Two-bedroom tented-villas comprise a total 110m<sup>2</sup> indoor + 100m<sup>2</sup> terrace.

**Three-Bedroom tented-villas (2)** - each with their own private pool, are perfect for larger families, or for groups of friends staying together at Praia Sundy. Comprising three separate, independent units, the three-bedroom tented-villas are arranged around a large, shared decking terrace. Here, families or friends can come together to swim in the 10m x 4.5m private pool, or to relax on generous, sofas in the shade of the billowing canvas canopy, enjoying magnificent forest and sea views.

Three-bedroom tented-villas comprise a total 150m<sup>2</sup> indoor + 140m<sup>2</sup> terrace (pool 45m<sup>2</sup>)

## Activities

Beyond Praia Sundy's tranquil bounds, a world of remarkable discovery awaits. From rainforest hikes to wild, pristine beaches, from timeless fishing villages to friendly shack cafes, Príncipe yearns to be explored. A place like no other, Príncipe is a timeless island of hidden treasures and warm-hearted souls, it touches everyone who journeys here. Come and find yourself in Príncipe.

PRINCIPE EXPLORER	This is a great way of getting to know the island's culture and outstanding scenery in a single day. You'll also be able to observe the secrets of our organic farming and experience different aromas and tastes, as well as enjoying a marvellous traditional local meal.
PLANTATION TOUR	Learn all about the secrets of organic farming at the plantation house, Roça Paciência. Taste the different aromas and tastes of Príncipe Island's aromatic herbs and medicinal plants, visit the gardens and see how the products are transformed into delicious jams, tropical muesli, toiletries and beauty products.
TURTLE WATCHING	This trip consists in accompanying the monitoring of the sea turtles laying their eggs on the beaches of Príncipe Island, between November and March. You'll get to learn about sea turtles and the conservation of this threatened species. If you're lucky enough to watch a female laying her eggs or her young being hatched, it is certainly an unforgettable experience.
WHALE WATCHING	Watch whales and dolphins in their natural habitat. Príncipe island is a great place for spotting these beautiful species.
BIRD WATCHING	São Tomé and Príncipe has between 21 and 29 endemic species of birds. Take your binoculars and venture out to discover them. Their sounds and colours are unique and unforgettable.
BIOSPHERE TRAILS	Discover the cocoa plantations, walk along rivers, climb to Papagaio peak, 700 meters high formed from volcanic rock or just refresh yourself in the waterfalls. The unpredictable weather only adds to the mystery and ambience of this unique island.
COMMUNITY VISITS	Experience this great way to get a sense of the people and culture of Príncipe island. You will be able to interact with, talk to, and learn from people in a relaxed and genuine way.
SCUBA DIVING & SNORKELING	Enjoy the freedom and all the beauties of the underwater world of Príncipe island.
BOAT TRIPS	Enjoy a boat trip along the beaches of the northeast side of the island and discover the natural beauty of Príncipe from the perspective of the sea.