

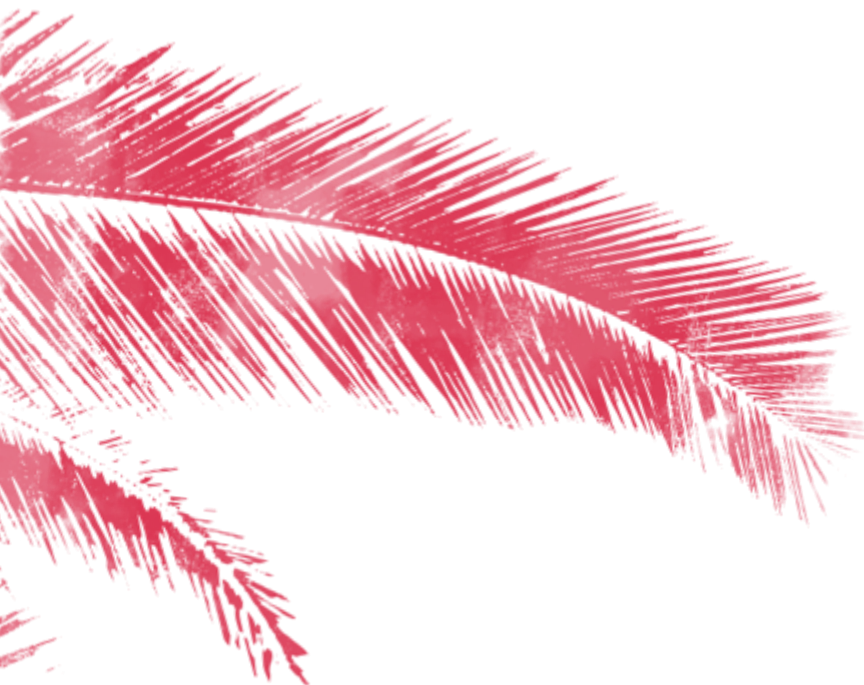
HSD

PRÍNCIPE ISLAND

Experiences 2024

PRÍNCIPE – SUNDY PRAIA | ROÇA SUNDY
BOM BOM | SÃO TOMÉ – OMALI





Príncipe Guided Experiences (included)

Enjoy a wonderful, guided experience every day during your stay at Hotel Sundry Praia and Roça Sundry. Our experiences are held in the morning, subject to weather and sea conditions. Upon arrival at the hotel, you will receive information about the experiences available for you to enjoy during your stay. Remember to bring suitable footwear and clothing to fully enjoy the activities. For more information, please consult our reception team. Let the adventure begin!

GUIDED EXPERIENCES:

SUNDY PRAIA

ROÇA SUNDY

Cacao Route | Walking | Half Day (2 hours)

NATURE | HISTORY | AGROFORESTRY | GASTRONOMY



Experience the cacao journey from 'tree to table.' Visit a cacao plantation and learn how the Cacaueiro tree is planted, cultivated and grown. Visit the dryers to learn about the transformation process, and then end the tour with a tasting in our chocolate factory in Roça Sundry.

Includes: Cacao plantation tour; chocolate factory presentation and tasting.

Oquê Pipi Waterfall Trail | Light Hiking | Half Day (4 hours)

NATURE | FOREST | BIRD WATCHING



Walk through the lush, tropical forests of the Parque Natural do Príncipe, to the Oquê Pipi Waterfall, the largest waterfall on the island. Swim in the natural, crystal-clear 'pool' and observe some of the most popular animal and plant species on Príncipe.

Includes: Transfer to and from the trail; informative walk; swimming.

Ribeira Izé - Lost City Trail | Walking | Half Day (3 hours)

FOREST | BEACH | HISTORY | BIRD WATCHING



Walk from Sundry Praia and through the tropical forest to Ribeira Izé and the ruins of a Catholic church. On the way back, stroll along the beach and take a dip in the ocean.

Includes: Informative walk; swimming.

Príncipe Guided Experiences (included)

Rainforest to Beach | Light Hiking | Half Day (4 hours)

FOREST | BEACH | NATURE | HISTORY



Beginning at Roça Sundy, hike downhill through the vibrant forest to a secluded beach. Once there, enjoy a light lunch and an ocean dip before ending at Sundy Praia.

Includes: Transport to and from trail; informative walk; swimming; snack.

Discover Príncipe | Car & Walking | Half Day (4 Hours)

HISTORY | CULTURE



Drive through some of the island's old roças and some of the most impressive viewpoints. Along the way, we will have the opportunity to see the work of local artisans. We will conclude the tour in the town of Santo António, where we can stay for lunch. (Cost of lunch not included.)

Includes: Transportation; short informative walks; visit to local artisans.

Bay of Needles | Boat | Half Day (4 hours)

OCEAN | BEACH



Located on the edge of the Parque Natural do Príncipe and within the UNESCO Biosphere Reserve, Bay of Needles is a place like no other. Enjoy spectacular views of the western side of the reserve, with its several beaches surrounded by volcanic plugs. We will stop for a swim in this enchanting bay.

Includes: Boat trip to Baía das Agulhas; swimming, snorkelling and snack.

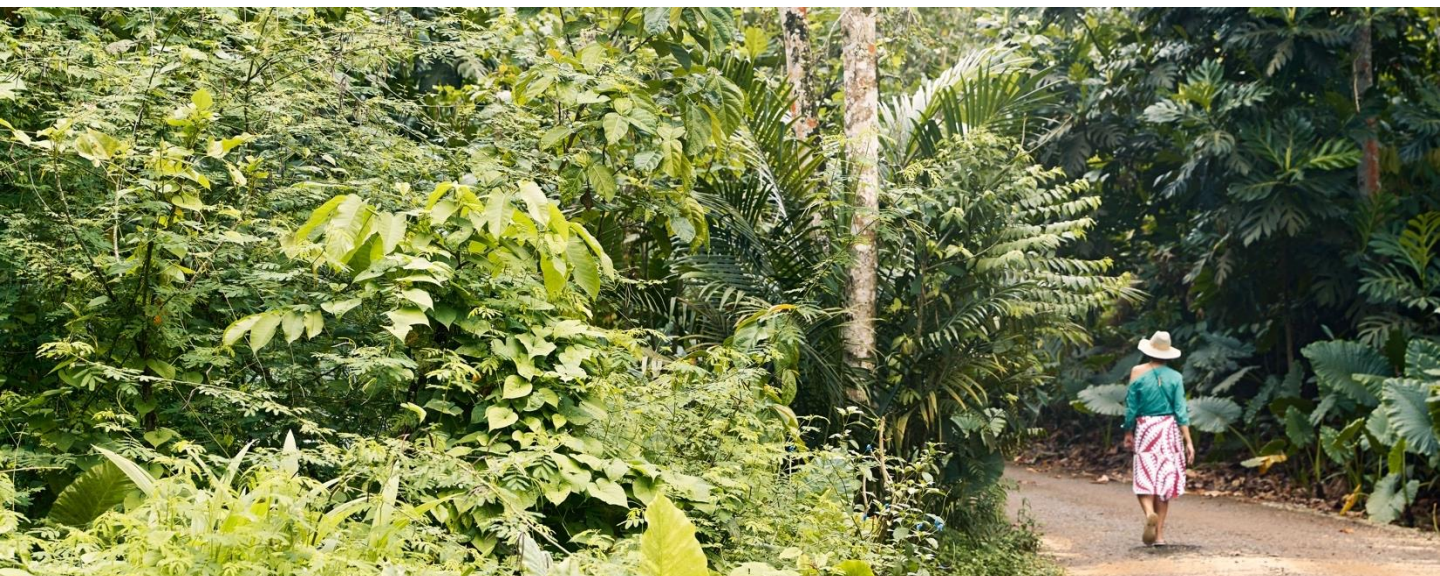
Northeast Beaches | Boat | Full Day (4 hours)

OCEAN | BEACH | CULTURE | COMMUNITY



Enjoy a boat trip along the secluded beaches of the northeast side of the island and discover the natural beauty of Príncipe from a different perspective out at sea. Along the way we will make stops at the most beautiful places on the island, to swim in the warm sea, and contemplate the views.

Includes: Boat trip; free time for swimming and snack.



Príncipe Additional Guided Experiences

EXPERIENCES AVAILABLE ON REQUEST WITH EXTRA COST AND ARE SUBJECT TO AVAILABILITY:

SUNDY PRAIA

ROÇA SUNDY

Birdwatching | Hiking | Half Day (4 hours)
NATURE | FOREST | FAUNA

[ENQUIRE FOR DETAILS](#)

Explore Príncipe, observe and learn more about birds in their wild state. Discover about endemic species while listening to the chirping of thousands of birds echoing in the rainforest as you enjoy the most beautiful places on the island.

Parrot Peak Trail | Hiking | Full Day (6 Hours)
NATURE | FOREST | CONSERVATION

[ENQUIRE FOR DETAILS](#)

Located in the Parque Natural do Príncipe, Parrot Peak is the most famous mountain on Príncipe. Ascend through the forest to the peak for a memorable view, admiring and learning about the plants and flowers along the way.

Maria Correia Waterfall Trail | Hiking | Full Day (6 Hours)
NATURE | FOREST | BEACH

[ENQUIRE FOR DETAILS](#)

Follow this coastal trail as it passes through forest, beach, and a fishing village before ending at the secluded Cascata Maria Correia to enjoy a refreshing dip.

Turtle Watching | Light Walking | Evening Experience
OCEAN | CONSERVATION

[ENQUIRE FOR DETAILS](#)

Learn about sea turtles and the conservation of this threatened species through the important work our non-profit partner Fundação Príncipe is leading. If you're lucky on a visit to Praia Grande, you may witness sea turtles nesting between November and February or sea turtles hatching between February and April.

Scuba Diving
OCEAN

COMING SOON





Príncipe Independent Experiences

EXPERIENCES TO ENJOY ON YOUR OWN:

SUNDY PRAIA

ROÇA SUNDY

Discover Santo António | Sightseeing | 3 hours
SIGHTSEEING | CULTURE | LEISURE



Walk through the picturesque streets of the self-proclaimed smallest city in the world and discover some of its traditions and local delicacies.

Roça Sundry to Sundy Praia | Walking | 20 minutes
LEISURE | NATURE | FOREST



A wonderful easy walk of roughly 2kms through the forest and the old cocoa plantation down to the beach.

Sundy Praia to Roça Sundry | Walking | 30 minutes
LEISURE | NATURE | FOREST



The same trail as above but more demanding due to the inclination from the beach to up to Roça at the top of the hill. Along the way you will find a very pleasant stopover to rest and listen to the sounds of nature.

Sundy Praia to Praia Marmita | Walking | 20 minutes
OCEAN | BEACH | LEISURE



A short and very pleasant stroll along the coast to one of the most beautiful and secluded beaches on the island of Príncipe.

Standup Paddle Boarding | Water Sport
OCEAN | BEACH | LEISURE



Enjoy a view of Príncipe Island's coastline whilst balancing on a stand-up paddle board.

Snorkelling | Watersport
OCEAN | BEACH



Discover the abundance of marine life that lies beneath the water.



Road Transfers

Road transfers from both Roça Sundy and Sundy Praia are available for destinations further afield on the island. Please enquire at the hotel reception for more information and to book.

For transfers between the hotels (Roça Sundy and Sundy Praia, there is a free road service daily:

Roça Sundy to Sundy Praia: 09h00

Sundy Praia to Roça Sundy: 17h30

ROAD TRANSFERS	FROM Roça Sundy	TO Sundy Praia
Roça Sundy	n/a	20 €
Sundy Praia	20 €	n/a
Airport	30 €	30 €
Cidade de Santo António	25 €	25 €
Belomonte	30 €	30 €
Porto Real	30 €	30 €
Praia Banana	50 €	50 €
São Joaquim	60 €	60 €

*** Prices are per vehicle for a maximum of 4 people. Transfers are subject to availability of vehicles and drivers. Transfers may be shared with other guests, but this is limited to the vehicle capacity.*



1°N, 7°E

#DiscoverPrincipe

PRÍNCIPE – SUNDY PRAIA | ROÇA SUNDY

www.hbdprincipe.com