

# HSD

PRÍNCIPE ISLAND

## Activities in São Tomé

All tours and activities are the responsibility of their respective suppliers.



# OMALI

SÃO TOMÉ

## Welcome to São Tomé

Welcome to São Tomé, with its lush landscapes, colonial-style cocoa and coffee plantations, unique biodiversity, authentic culture, and genuine people.

We are pleased to provide Omali's guests with the best experiences, so they can discover this incredible equatorial island with so much to explore. With our local partners, we offer private tours, hikes, and car rentals.

## Enjoy the island!

### Car rental in São Tomé

Rent a Car São Tours: [vagnerb.st@hotmail.com](mailto:vagnerb.st@hotmail.com) | +239 9033517 / 9923517 / 9941910 WhatsApp

Prestige Rent a Car: [prestige@cstome.net](mailto:prestige@cstome.net)

# HBD

PRÍNCIPE ISLAND

PRÍNCIPE - SUNDY PRAIA | ROÇA SUNDY  
| BOM BOMSÃO TOMÉ - OMALI

E: [reservations@hbdprincipe.com](mailto:reservations@hbdprincipe.com)



## Excursions in São Tomé

All tours and activities are the responsibility of their respective suppliers.

São Tomé City Tour | 6 hours

90€ per person  
(minimum of 2 people)

Visit the capital of São Tomé and discover the rich legacy of Portuguese colonial architecture and the collection of the National Museum. Explore the most emblematic places of the city, such as the imposing Fort of S. Sebastião, the vibrant Independence Square, the majestic Presidential Palace, and the picturesque markets, where you can contemplate authentic local products and unique pieces created by skilled local artisans. Enjoy this enriching journey through the history and culture of São Tomé, exploring the charms of the capital.

Lunch: included in local restaurant (drinks not included)

Visit the city of São Tomé, São Nicolau waterfall and Monte Café | 6 hours

140€ per person  
(minimum of 2 people)

Visit the capital of São Tomé and its most important sites, such as Fort of S. Sebastião, Independence Square, the Presidential Palace, and the local markets. Then, heading towards the mountains, passing through Trindade City, where pianist, composer, and conductor José Vianna Motta was born, we will reach an altitude of 800 meters above sea level. Enjoy the panoramic view of São Tomé city. Upon entering Ôbo Park, we will visit the Bom Sucesso Botanical Garden and the São Nicolau waterfall. Next, we will visit the Monte Café plantation, the most prosperous coffee plantation on the island, and admire the beautiful colonial-era buildings.

Lunch: included in local restaurant (drinks not included)

Visit the Plantations - Coffee Route | 7 hours

110€ per person  
(minimum of 2 people)

On the Coffee Plantations route, heading towards the mountains, as we pass through Trindade, the hometown of pianist, composer, and conductor José Vianna Motta, we will reach an altitude of 800 meters above sea level, where we can enjoy a panoramic view of the city of São Tomé. We will visit Roça Monte Café and some waterfalls, such as the São Nicolau Waterfall. Finally, we will arrive at the Bom Sucesso botanical garden, located at an altitude of 1465 meters, at the entrance of the Obô Natural Park. The botanical garden has an herbarium with over 1000 plant samples, including endemic species.

Lunch: included in local restaurant (drinks not included)



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## Excursions in São Tomé

Visit the plantations – Cacao Route | 6 hours

120€ per person  
(minimum of 2 people)

Come with us and discover more about the richness of São Tomé, the Cacao. On this excursion, we will travel along the Cacao Route, visiting various large plantations known as "roças." We highlight the Agostinho Neto Roça, where we will have the opportunity to learn about the cacao drying process, and also the Bela Vista Roça. Additionally, we can enjoy a swim in the crystal-clear waters of Tamarindos Beach and Lagoa Azul. Continuing along the West Coast, we will make a stop at Diogo Vaz Roça (entrance included) and the Padrão dos Descobrimentos, the place where the Portuguese first arrived in 1471. To end the day in style, nothing better than a fantastic photograph at the Santa Catarina Tunnel. Join us on this exciting journey and unveil all the secrets of São Tomé cacao.

Lunch: included in local restaurant (drinks not included)

Visit the plantations - Cacao Route & Coffee Route | 7 hours

190€ per person  
(minimum of 2 people)

This tour provides the opportunity to explore a fascinating route in São Tomé, where we can learn about the cacao drying process at Agostinho Neto plantation. We will also pass through the charming city of Guadalupe, as well as the beautiful Tamarindos beaches and Blue Lagoon. In addition, we will make a stop in Trindade City, the birthplace of renowned pianist, composer, and conductor José Vianna Motta. From there, we will continue our journey, this time immersing ourselves in the world of coffee. We will visit the historic Monte Café plantation, where we will learn about its fascinating history and coffee production. Finally, we will visit the Bom Sucesso Botanical Garden, which serves as the gateway to Obô Natural Park. This tour offers a unique experience to discover the production process of both cacao and coffee, while also providing moments of relaxation on beautiful beaches and lagoons.

Lunch: included in local restaurant (drinks not included)

# Excursions in São Tomé

Visit to the East Coast and the most beautiful beaches of São Tomé | 8 hours

120€ per person  
(minimum of 2 people)

This excursion will take you to the most beautiful beaches of São Tomé e Príncipe, passing through Roça de Água Izé and Boca do Inferno. We will have the opportunity to enjoy Praia das Sete Ondas and Praia Micondó, with their warm waters, perfect for a refreshing swim. In addition, we will enjoy a delicious tropical fusion lunch at the São João de Angolares plantation. We will have some free time to explore the property before returning to São Tomé.

Lunch: included in local restaurant (drinks not included)

Visit to the South of São Tomé island (Malanza Mangrove) | 6 hours

125€ per person  
(minimum of 2 people)

This tour takes you to visit the South of São Tomé island, starting at Praia Pesqueira Waterfall and ending with the observation of Pico do Cão Grande, one of the highest points in Obô Natural Park. Then, we will head towards the fishing village of Malanza and descend the Malanza River to the mangrove area, an ecological sanctuary where we can admire trees with long suspended roots. We will continue the visit to Piscina Beach, Jalé Beach, and Inhame Beach, the latter being an important center for the protection and preservation of sea turtles.

Lunch: included in local restaurant (drinks not included)

Visit to Ilhéu das Rolas | 4 hours on the islet + transportation

125€ per person  
(minimum of 2 people)

The excursion to Ilhéu das Rolas, in the São Tomé archipelago, starts at praia Inhame, with a short crossing of about 15 minutes by motorized pirogue. The visit includes the exploration of the Equator Monument, a monument that marks the passage of the equatorial line through the islet. We will also have the opportunity to visit the Botanical Culture Space and enjoy the beauty of Joana Beach.

Lunch: included (drinks not included).

Trekking | 7 Tunnels and Angolar Waterfall | 8 hours + transportation

130€ per person  
(minimum of 2 people)

Join us on an exciting walk through the trails of the lush tropical forest of Obô Natural Park. This adventure starts in Ponta Figo, following winding paths that traverse the mountainside. You will climb the Contador River valley until you reach a water collection point. At the highest point of the trail, you will pass through a sequence of tunnels. Between two of these tunnels, hidden on a cliff, you will find the stunning Angolar Waterfall. Get ready for a challenging experience, as the difficulty is considered high.

Lunch: picnic (drinks not included).

Trekking | Amelia Lagoon | 5 hours + transportation

110€ per person  
(minimum of 2 people)

Visit to the Bom Sucesso Botanic Garden with over 1000 plant samples, including endemic species at an altitude of 1465 meters, located at the entrance of the Obô Natural Park. During the walk to the volcanic crater of Amelia Lagoon, discover the unique fauna and flora, such as the giant petunias exclusive to this tropical forest. Observe various endemic species, such as the White-eye bird, zosterops lugubris, and the São Tomé morpho sphinx butterfly. Prepare for an immersive experience of medium difficulty.

Lunch: picnic (drinks not included).



A young boy with dark skin is sitting on a concrete ledge at a public shower station. He is wearing a light blue tank top with a red and orange graphic on the front. Water is being poured over his head from a showerhead, and he has his hand on his head, splashing water. The background shows a blue wall with some text and a blue plastic tub. The overall scene is bright and refreshing.

1°N, 7°E

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