# Fact Sheet 2026

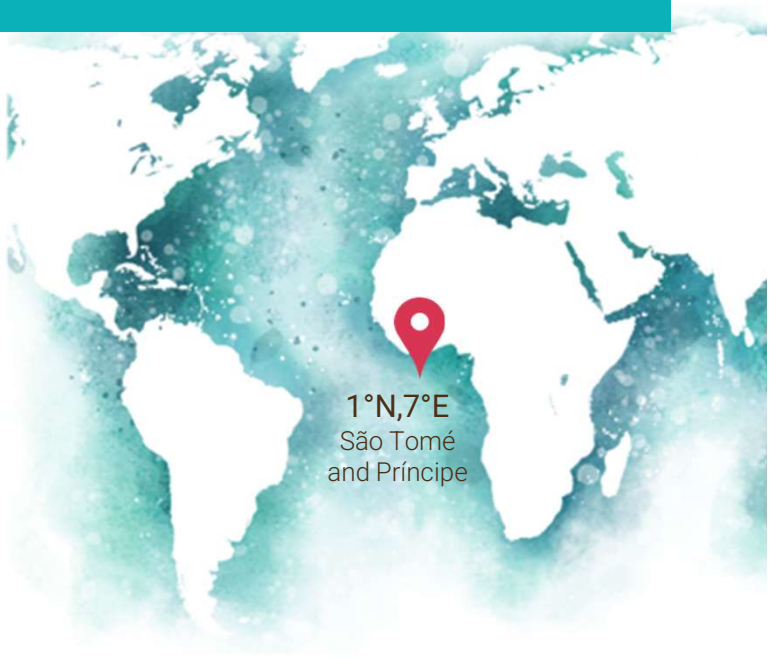
PRÍNCIPE - SUNDY PRAIA | BOM BOM | BELO MONTE | ROÇA SUNDY

SÃO TOMÉ - OMALI

Updated July 2025

## São Tomé and Príncipe

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 31 million years ago, these striking islands rise out of the Gulf of Guinea and the vibrant rainforests are amongst the most biodiverse on the planet. Príncipe, a UNESCO Biosphere Reserve, is home to several endemic terrestrial and marine species. The people are deeply Earth-connected, warm and welcoming.

The islands blend natural wonders with a gripping history. Once the world's largest producer of cacao, they were known as "the chocolate islands." Today, visit the historic roças and vintage cacao plantations and experience the sustainable, thoughtful revitalization of the industry established by HBD Príncipe.

## Visas

- **No visa required:** Valid passport holders from the USA, Canada, the EU* and CPLP (Community of Portuguese Speaking Countries) may stay in São Tomé and Príncipe for a maximum of 15 days without a visa. A valid Schengen visa or a valid visa for the USA that is present in the passport also entitles the holder to the visa-waiving program.
- **Visa required:** Travelers of all other nationalities must apply for a visa, either on arrival in the country or online (recommended) at the following website: https://evisa.st/visa-policy.html If the online service is used, documents should be printed and presented at the border. Please note there is a € 20 fee on arrival at São Tomé airport, payable in cash, for everyone who requires a visa, whether an online application has been completed.

*Whilst the UK is no longer part of the EU, British passport holders also do NOT require a visa.

# Maps and Air access

## Getting there

**1. Fly to São Tomé Island:**

- **From Lisbon, Portugal:** TAP Portugal (https://www.flytap.com) or STP Airways (https://www.stpairways.st/)
- **From Accra, Ghana:** TAP Portugal. This connects with several flights out of the USA, Dubai, and other African hubs.
- **From Libreville, Gabon:** Afrijet (https://www.afrijet.com)
- **From Luanda, Angola:** TAAG (https://flytaag.com/)
- **From Lome, Togo via Libreville, Gabon:** Asky (https://www.flyasky.com/)

**2. Fly to Príncipe Island:**

- **STP Airways** (A domestic flight from São Tomé International Airport to Príncipe Island runs daily, except on Tuesday).
- **Afrijet** (Tuesday, Thursday and Sunday).
- The maximum baggage allowance on the domestic flight is 15kg (STP Airways) and 23kg (Afrijet) per person. Additionally, you have 1 piece of hand luggage.

# Useful information

- **Local Time:** GMT + 0
- **Language:** The official and national language is Portuguese. English is spoken in all our hotels.
- **Electricity:** 220 volts is used throughout the island and most hotels have European /continental two-pin sockets.
- **Food**: the specialty food is Calulu, a pork or fish stew with beans and rice, or Rice Creole (spicy, seasoned rice). Other popular ingredients are sweet potato, pumpkin, and cassava. Use of local spices is liberal, and the locally made chocolate is legendary. International cuisine is available at our hotels, as well as a snack menu for light meals.
- **Insurance:** we recommend having a comprehensive travel and cancellation insurance. The policy should include emergency repatriation. Some credit card companies provide automatic travel insurance if you pay for your holiday by credit card. Please check the extent of cover provided.
- **Shopping in São Tomé:** In general shopping hours are from 08.00 – 17.00 on Mondays – Fridays.
- **Public Transport:** The only public transport is moto-taxis or taxis in São Tomé. To arrange transport on the islands, speak with reception of your hotel.
- **Public Holidays:**

  1 January – New Year's Day
  3 February – Martyrs' Day
  1 May – Labour Day
  12 July – Independence Day
  6 September – Armed Forces Day
  30 September – Agricultural Reform Day
  1 November – All Saints Day
  21 December – Sao Tome Day
  25 December - Christmas

- **Meeting at the Airport:** The airport is Sao Tome International Airport, located 5 km from our hotel, Omali São Tomé. On arrival, collect your luggage and make your way to the arrival's hall. You will be met by a representative of hotel Omali São Tomé.

## Weather and Seasons

There are two rainy seasons in the year, and although their dates can vary from year to year, the normal pattern is that the first occurs between February and May and the second between October and December. There is variability during the season, too; weather fluctuates between periods of sun, cloud and rain. Exploring São Tomé and Príncipe is enjoyable throughout the year with temperatures ranging from 20° to 30° Celsius depending on the time of day and season.

Online weather forecasts will generally show rain and thunderstorms. Although the island has a high rainfall, there are many balmy days with beautiful sunshine. The island has a microclimate and there is seldom a day when you are not able to head out somewhere to catch the best weather for your chosen activity.

Please be aware that this information is merely indicative, and all sightings are subject to change given the unpredictability of nature and of Príncipe. For example, in some years whales are seen frequently; in others, rarely.

| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Average Day Temperature | 29°C 84°F | 29°C 84°F | 29°C 84°F | 29°C 84°F | 29°C 84°F | 29°C 84°F | 27°C 81°F | 27°C 81°F | 27°C 81°F | 28°C 82°F | 28°C 82°F | 28°C 82°F |
| Average Night Temperature | 22°C 72°F | 22°C 72°F | 22°C 72°F | 21°C 70°F | 21°C 70°F | 21°C 70°F | 20°C 68°F | 20°C 68°F | 20°C 68°F | 21°C 70°F | 21°C 70°F | 21°C 70°F |
| Rainy Seasons | | ■ | ■ | ■ | ■ | | | | | ■ | ■ | |
| Whale and Dolphin Watching | | | | | | | | ■ | ■ | | | |
| Turtle Nesting | ■ | | | | | | | | | | ■ | ■ |
| Turtle Hatching | | ■ | ■ | ■ | | | | | | | | |
| Birds Breeding Plumage | ■ | ■ | ■ | ■ | ■ | ■ | ■ | ■ | ■ | ■ | ■ | ■ |

## What to pack

During all times of year, loose, light-fitting clothing in natural fibres (cotton and linen) or synthetic fabrics that breathe are recommended. In the evening, a light sweatshirt may be useful. Feel free to pack a reusable water bottle as well.

Beach days: Swimming costume and beach wear. Sunscreen, sun hat and sunglasses.

Forest days: Good walking shoes (e.g., sneakers, trail running sneakers, sturdy hiking sandals) that can get wet. Comfortable walking clothes – especially long hiking/walking trousers and a small day backpack. A light raincoat or jacket is suggested for all times of year.

## Currency

- **Currency:** the local currency is the Dobra which can only be obtained in-country (1€ = 24,5 STN)
- **Cash:** Euros (€) are widely accepted, and it is recommended that travellers bring some cash.
- **Omali São Tomé**

  Euro, USD and STN are accepted *(payments cannot be made in coins or banknotes under $20).*

  There is an ATM next to Omali, but only Visa is accepted, and withdrawals are in Dobras (STN).

  Visa and Mastercard are accepted at Omali Lodge.
- **Sundy Praia | Roça Sundy**

  Euro, USD and STN are accepted *(payments cannot be made in coins or banknotes under $20).*

  Visa and Mastercard are accepted at Sundy Praia.
- **Bom Bom**

  Euro, USD and STN are accepted *(payments cannot be made in coins or banknotes under $20).*

  Visa and Mastercard are accepted at Bom Bom.
- **Belo Monte**

  Euro, USD and STN are accepted *(payments cannot be made in coins or banknotes under $20).*

  Visa and Mastercard are accepted at Belo Monte.

## Vaccinations

**Other**: No other vaccinations are required. It is recommended that a travel medicine specialist is consulted before arrival.

**Yellow Fever:** If guests have visited or travelled through (including connecting flights) any another African country during the prior three months upon arrival to São Tomé and Príncipe, a valid "International Vaccination Certificate" for Yellow Fever must be presented at the airport at São Tomé.

**Medical Support**: A nurse is available at our hotels and lodges should any medical assistance be required.

## Principe Island

### Facts

Both islands share a national government, which is elected every four years. The President of the country is elected every five years. However, due to the federalist character of this Republic, and the special status of the Autonomous Region of Príncipe, there is also a Regional Government, and a Regional President of Príncipe.

The area of Príncipe Island is 142 km2, with a length of 19 km, and the highest point, Príncipe Peak, at 948 meters. The capital is Santo Antônio.

Príncipe Island was designated a UNESCO Biosphere Reserve in 2012 in order to protect its natural and cultural heritage. UNESCO's objective is to harmoniously integrate biodiversity conservation and sustainable development. The reserve covers the entire land area of Príncipe Island, the surrounding islets, the Tinhosas Islands and a vast maritime area.

Príncipe Island has a protected area of 9,500 hectares, covering 60% of its surface area. It consists of the natural park in the south and the Azeitona forest in the north, which is a secondary forest, interesting for bird watching.

## Community involvement

If you're traveling with the intention of contributing to the community in São Tomé and Príncipe, it's important to bring items that really make a difference. Useful items, such as school supplies, clothes, and shoes in good condition, are great options. Instead of distributing these items on the streets, the ideal is to deliver them to institutions that understand local needs. This way, you ensure that your donation reaches those who really need it and helps to meet priorities in a more organized way.

In line with HBD Príncipe's vision, Príncipe Collection hotel rates include a Conservation and Community Contribution (CCC) of €25 per adult per night. It applies only to hotels on Príncipe Island and allows us to invest 50% in our partner, Fundação Príncipe, and 50% in local projects with positive environmental, social, and economic impacts on the community.

# Our purpose

## Sustainability

HBD Príncipe's Vision is more than words

At HBD Príncipe, our commitment has always been to the people and natural environment. With a vision of the sustainable social and economic development in Príncipe and conservation of the island's UNESCO Biosphere Reserve, guests can be assured that while they discover the land, sea, and culture, we are committed to protecting these things in return. We know that what makes the island special – from nesting sea turtles to clean air and clear skies to the verdant tree canopy – is what sustains our business, too. Príncipe's nature and communities make it different; and we have a differentiated commitment to protecting them.
HBD Príncipe believes 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 minimize negative effects and increase positive contributions – is essential. In essence, this is sustainability; the HBD Príncipe 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: this work takes time. While the HBD Príncipe team is hard at work and making progress, we still have more to do to align with and 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, guests are also contributing to the journey of sustainable development.

# Principe Collection

If you would like to bring school supplies or clothing for the local communities of São Tomé and Príncipe, please contact the reception of your hotel when you arrive, who will advise on the best course of action.
Please do not bring sweets or candies as these can be harmful to health and create waste.

In alignment with HBD's vision, guest rates for HBD hotels in Príncipe include a Conservation & Communities Contribution of €25 per person per night (13+ years), 100% of which funds local initiatives. Guests can proudly share that, in fact, they are directly supporting Príncipe by staying with us..

3-Bedroom Tented Villa

SUNDY

BY PRÍNCIPE COLLECTION

Inspired by the wood-panelled fishermen's huts that once stood in this sheltered nook above the beach, the tented villas at Sundy Praia exist in harmony with their lush, forest surroundings. Locally handcrafted pieces and designer accents complement the spacious wooden interior. Vast floor-to-ceiling sliding doors bring the outside in and offer sweeping views of to the sea. All villas have stunning bathrooms that feature freestanding granite bathtubs with views of the jungle. Aligned with our ethos of sustainable development, most oils and creams are handmade on our organic farm, Paciência, led by the local community. Each tented villa comes with an individual dressing area and maxi bar which is replenished daily with local fruits and juices.

24-hour emergency contact: +239 999 70 00

| HOTEL DETAILS | | | | ROOM DETAILS | | | |
|---|---|---|---|---|---|---|---|
| Number of rooms* | 14 | Airport transfer | Yes | Extra beds | Yes | Aircon | Yes |
| Check-in | 14:00 | Guided Experiences | Included | Terraces | Yes | Telephone | Yes |
| Check-out | 11:00 | Private dinners | Yes | Private pool | Only 3-bed villas | Wi-Fi | Yes |
| Children | All ages | Swimming pool | Yes | Shower | Indoor | Safe | Yes |
| Electricity | 220V (EU plugs) | Bar | Yes | Bath | Yes | Mini Bar | Maxi + coffee/tea |
| Wi-Fi | Yes | Gym | No | Mosquito nets | Yes | Hair dryer | Yes |
| Credit cards | Accepted | Spa | Yes | Fan | Yes | Laundry | Yes |

*All master bedrooms in all villas have King-size beds. In 2 and 3-bed villas, the secondary bedrooms may have Queen-size beds and/or twin beds.

- Please enquire for details on disability accessibility.
- Tipping is by no means compulsory, but always greatly appreciated by the staff. Should you feel like leaving a tip, a good guideline is around € 5 per person per night, which will be shared with the team.

Bridge to Bom Bom islet

# BOM BOM

BY PRÍNCIPE COLLECTION

Bom Bom offers 18 bungalows with thatched roofs, all nestled seamlessly into the lush and tropical gardens, and constructed using local materials. Each room has large, comfortable beds, air conditioning, and ceiling fans to ensure a restful night's sleep, as well as an en-suite bathroom complete with modern amenities. The resort promises the ultimate in relaxation, with a private beach, swimming pool and an on-site restaurant serving mouth-watering local cuisine. For adventure seekers, the island of Príncipe offers a wealth of natural wonders to explore, from the unique jungle to historic cocoa plantations, and stunning beaches.

**Pool View Bungalow (3):** offers fantastic views of the swimming pool and the lush tropical surroundings. Pool View Bungalows also have a private terrace complete with comfortable outdoor furniture.
**Garden View Bungalow (3):** located on a hill, accessible by several stairways, these bungalows offer views of the beautiful tropical surroundings. Rooms also have a private terrace.
**Sea View Bungalow (5)**: located on a hill, accessible by several stairways, the Sea View Bungalows all have fantastic views of the ocean, as well as a private terrace that catches the sea breeze.
**Beach Front Bungalow (7)**: positioned right on the beach, these bungalows offer views of the ocean and are mere steps away from the sand. All Beach Front Bungalows have a private terrace, offering a seamless transition from indoors to the beautiful outdoors.

**24-hour emergency contact: +239 996 9990**

| HOTEL DETAILS | | | | ROOM DETAILS | | | |
|---|---|---|---|---|---|---|---|
| Number of rooms | 18 | Airport transfer | Yes | Extra beds | Pool view and beachfront | Aircon | Yes |
| Check-in | 14:00 | Guided experiences | Included | Verandas | Yes | Telephone | Yes |
| Check-out | 11:00 | Private dinners | On request | Private pool | No | Wi-Fi | Yes |
| Children | All ages | Swimming pool | Yes | Shower | Indoor | Safe | Yes |
| Electricity | 220V (EU plugs) | Bar | Yes | Bath | No | Bar | Mini + coffee/tea |
| Wi-Fi | Yes | Gym | Yes | Mosquito nets | No | Hair dryer | Yes |
| Credit cards | Accepted | Spa | Yes | Fan | Yes | Laundry | Yes |

Envolvência, Belo Monte

BELO MONTE

PRÍNCIPE ISLAND

Hotel Belo Monte, located on Príncipe Island, offers a unique combination of historic charm and natural beauty. Set in lush tropical surroundings, the hotel is situated on a former cocoa plantation, offering guests a glimpse into the island's rich heritage and dreamlike landscapes. The rooms are designed to ensure modern comfort, making them an ideal retreat for those seeking tranquility and adventure. With its proximity to pristine beaches and vibrant wildlife, Roça Belo Monte serves as a perfect base for enjoying the most famous beaches, such as Banana Beach.

Garden view rooms (6): located in an adjacent building (block B), they offer views over the gardens and surrounding forest. Connecting rooms are available, ideal for families looking for a shared space. Area: 25 m2, with private bathroom with shower.

Suites (6): located in adjacent buildings (blocks A and C), they offer views of the gardens and surrounding forest. Area: 34 m2, with private bathroom with shower and bathtub.

Panoramic suites (2): in the main building, they offer a more contemporary style. They offer stunning views of the forest, the bay and the sea. Area: 40 m2, with private bathroom with shower and bathtub.

Plunge pool suite (1): in the main building, offers stunning views of the forest, bay and sea, and has a small private pool. Area: 50 m2, with private bathroom with shower and bathtub.

Reception 24 horas: +239 9960482

| HOTEL DETAILS | | | | ROOM DETAILS | | | |
|---|---|---|---|---|---|---|---|
| Number of rooms | 15 | Airport transfer | Yes | Extra beds | Garden view & suites | Aircon | Yes |
| Check-in | 14:00 | Guided experiences | Included | Verandas | All | Telephone | Yes |
| Check-out | 11:00 | Private dinners | On request | Private pool | Plunge pool suite | Wi-Fi | Yes |
| Children | All ages | Swimming pool | Yes | Shower | Indoor | Safe | Yes |
| Electricity | 220V (EU plugs) | Bar | Yes | Bath | Yes | Bar | Mini + coffee/tea |
| Wi-Fi | Yes | Gym | No | Mosquito nets | No | Hair dryer | Yes |
| Credit cards | Accepted | Spa | No | Fan | Yes | Laundry | Yes |

- All rooms have queen size beds. There are inter-connecting rooms available (garden view).
- Tipping is by no means compulsory, but always greatly appreciated by the staff. Should you feel like leaving a tip, a good guideline is around € 5 per person per night, which will be shared with the team.

Roça Sundy Eclipse House

ROÇA
BY PRÍNCIPE COLLECTION

Roça Sundy is at the centre of Príncipe's chocolate story, and was once the second largest cacao plantation on the island. The Roça is also significant for its role in a keystone scientific discovery: observations just outside the building during the solar eclipse in 1919 confirmed Einstein's theory of general relativity.

Today, the hotel is comprised of two buildings, both of which have been thoughtfully restored and aptly named the Eclipse House and the Cacao House. They share the grounds with local community members giving guests a true insight into the character and history of Príncipe.

**Eclipse House:** there are 6 en-suite bedrooms in this charming building that used to be the main house of the roça: three on the ground floor (one Suite and two Yard rooms); and three Panoramic rooms each with a private balcony and panoramic views on the first floor.

**Cacao House**: with a slightly more contemporary style, this building includes nine en-suite bedrooms: four Yard rooms, four Panoramic rooms with a balcony and view of the landscape, and one Cacao Suite.

**Beach access:** Guests at Roça Sundy have access to the Bom Bom Beach Club facilities, including the beautiful beach. There are two daily shuttles between the main Roça building and the beach at 9:00 and 12:00. Return transfers to Roça Sundy are at 13:00 and 17:00.

24-hour emergency contact: +239 999 70 00

| HOTEL DETAILS | | | | ROOM DETAILS | | | |
|---|---|---|---|---|---|---|---|
| Number of rooms* | 15 | Airport transfer | Yes | Extra beds | Suites & Eclipse Yard | Aircon | Yes |
| Check-in | 14:00 | Guided Experiences | Included | Verandas | Panoramic & Suites | Telephone | Yes |
| Check-out | 11:00 | Private dinners | On request | Private pool | No | Wi-Fi | Yes |
| Children | All ages | Swimming pool | No | Shower | Indoor | Safe | Yes |
| Electricity | 220V (EU plugs) | Bar | Yes | Bath | Eclipse Suite only | Bar | Mini + coffee/tea |
| Wi-Fi | Yes | Gym | No | Mosquito nets | No | Hair dryer | Yes |
| Credit cards | Accepted | Spa | No | Fan | Yes | Laundry | Yes |

- All rooms have queen size beds. Twin beds are not available. There are inter-connecting rooms available.
- Tipping is by no means compulsory, but always greatly appreciated by the staff. Should you feel like leaving a tip, a good guideline is around € 5 per person per night, which will be shared with the team.

Omali Bedroom Details

OMALI

BY PRÍNCIPE COLLECTION

Omali, meaning "ocean" and "source of life," is a fitting name for this hotel, which is located next to Lagarto Beach. A mere 1.5 kilometres from the airport, Omali Lodge is a great base for exploring São Tomé or connecting to Príncipe. Tastefully decorated with lovely gardens and well-known for its excellent restaurant, the hotel offers 30 comfortable rooms and suites for holiday-makers and business travellers.

**Classic Room (10):** A 20m² room with all the essentials to ensure a comfortable stay.

**Premier Room (10):** The suites offer a living room and a balcony overlooking the tropical gardens which offers more privacy.

**Suite (4):** Suited to business travellers or those looking for extra space, these 45m² rooms offer a seating area for small meetings.

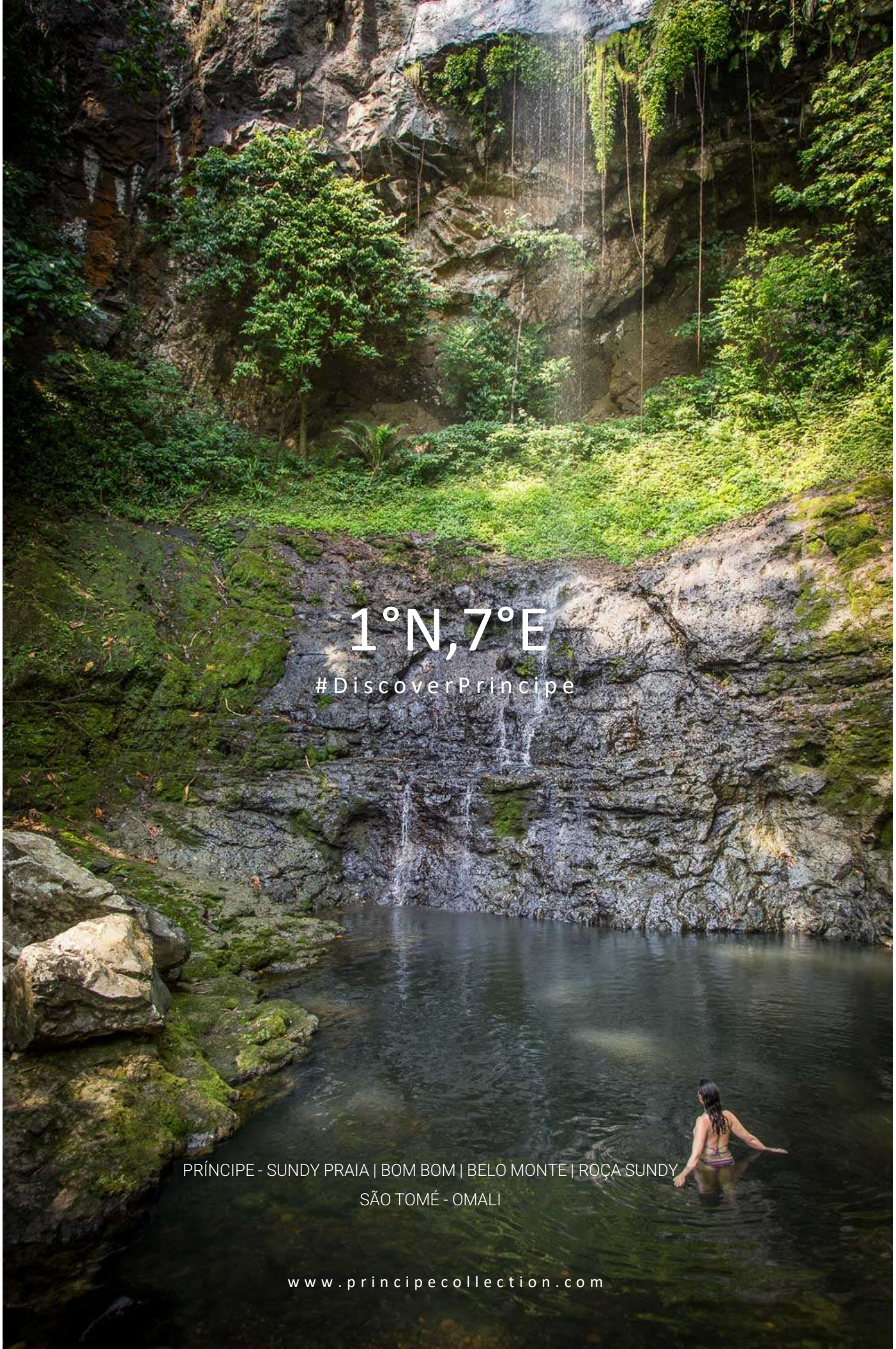
**Family Room (6):** The family suite allows for maximum comfort with an area of 55m², which can comfortably accommodate 4 people with 1 double bed and 2 single beds.

24-hour emergency contact: +239 980 25 95 / 980 25 96

| HOTEL DETAILS | | | | ROOM DETAILS | | | |
|---|---|---|---|---|---|---|---|
| Number of rooms* | 30 | Airport transfer | Yes | Extra beds | Yes | Aircon | Yes |
| Check-in | 14:00 | Guided Experiences | Excluded | Verandas | Yes | Telephone | Yes |
| Check-out | 11:00 | Meeting facilities | Yes | Private pool | No | Wi-Fi | Yes |
| Children | All ages | Swimming pool | Yes | Shower | Indoor | Safe | Yes |
| Electricity | 220V (EU plugs) | Bar | Yes | Bath | No | Bar | Mini + coffee/tea |
| Wi-Fi | Yes | Gym | Yes | Mosquito nets | No | Hair dryer | Yes |
| Credit cards | Accepted | Spa | No | Fan | No | Laundry | Yes |

*All Classic Rooms have Queen-size beds; Premier & Family Rooms may have King beds OR twin; Suites have King-size beds.

- Please enquire for details on disability accessibility.
- Tipping is by no means compulsory, but always greatly appreciated by the staff. Should you feel like leaving a tip, a good guideline is around € 5 per person per night, which will be shared with the team.



# 1°N,7°E

#DiscoverPrincipe

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SÃO TOMÉ - OMALI

www.principecollection.com