

HSD

PRÍNCIPE ISLAND

São Tomé Experiences

All tours are booked through and arranged by our third-party suppliers for activities in São Tomé.



OMALI

SÃO TOMÉ

Welcome to São Tomé

With its exuberant landscapes, beautiful cocoa and coffee plantations, unique biodiversity, authentic culture, and unique people, the island is mesmerizing and exciting — and a wonderful place to spend a few days.

This selection of activities and experiences is designed to showcase the very best of what São Tomé has to offer and provide an opportunity for guests to delve deep into this equatorial island. All experiences and tours are booked through our local partners, Navetur, and range from private tours of the island, hiking experiences, and self-driving excursions.

Enjoy your time on the island!

Rent a Car in São Tomé

Rent a Car Hanna & Silva: hannaesilva_rent@hotmail.com | +239 983 9188 / 906 64 66

Privilege Rent a Car: info@privilege.tours | +239 908 28 68 / +239 998 73 33

Prestige Rent a Car: prestige@cstome.net



PRÍNCIPE ISLAND

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

E: reservations@hbdprincipe.com



São Tomé Experiences

All tours are booked through and arranged by a third-party supplier for activities in São Tomé. Excursions are accompanied by a guide (English or French speaking).

São Tomé City Tour | 4 hours

70 € per person
(minimum 2 people)

Visit the capital of São Tomé and discover the wonders of the Portuguese colonial architecture and the National Museum. You will visit some of the most important places in the city, including the Fort of S. Sebastião, the National library, the Presidential Palace, the Cathedral, the Independence Square, and the local markets.

Includes: lunch in local restaurant (drinks not included)

Coffee Plantations Tour | 6 hours

85 € per person
(minimum 2 people)

Head into the mountains, to an altitude of 800 metres above the sea level and enjoy the panoramic of the city of São Tomé. From here, explore the São Nicolau waterfall, before travelling to the Monte Café plantation, the most prosperous of all the coffee plantations on the island and home to beautiful buildings from the colonial era. The plantation is known to produce some of the best coffee in the world, which is exported globally.

Includes: lunch in local restaurant (drinks not included)

Trekk to Amélia Lagoon | 3 hours

100 € per person
(minimum 2 people)

Visit the Bom Sucesso Botanical Garden at 1465m altitude, at the entrance to the Obô Natural Park. The Botanical Garden has an herbarium with over 1000 plant samples, including endemic species. During the hike to the volcanic crater of the Amélia Lagoon, discover the unique fauna and flora such as the giant petunias, unique to this rainforest. Observe several endemic species such as the white-eye bird, zosterops lugubris, and the hummingbird butterfly Moro sphinx from São Tomé,

Lunch and drinks are not included.



PRÍNCIPE ISLAND

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

E: reservations@hbdprincipe.com

São Tomé Experiences

Cocoa Plantations Tour | 6 hours

85 € per person
(minimum 2 people)

Journey to the north of the island and learn more about the wealth of São Tomé, the ‘Chocolate Capital of the World.’ Your first stop is the historical area of Fernão Dias, before continuing to the Agostinho Neto plantation to visit the botanical garden and learn about the process of drying the cacao. On route, pass the Boa Entrada plantation and enjoy the beautiful colonial architecture. On the west coast, visit Anambô, the spot where the Portuguese first arrived on the island in 1471, before finishing the tour at the Monte Forte plantation. It is one of the last working plantations in São Tomé and employ many people living on the island.

Included: a traditional lunch (drinks not included)

The East Cost of São Tomé | 6 hours

85 € per person
(minimum 2 people)

Explore the east coast of the island and some of the most beautiful landscapes of São Tomé. Visit Água Izé plantation, Boca do Inferno, Ribeira Afonso town, enjoy some time on the 7 ondas beach, before a tropical fusion lunch included at Roça São João de Angolares. After lunch we will have time to discover the plantation estate.

Included: lunch at Roça de São João de Angolares

Diving

From 70 € per person
(minimum 2 people)

Whale and Dolphin watching
(July to September)

350 € + 35 € per person
(minimum 2 people)

Sea Turtle Watching | 3 hours
(November to March)

120 € per person
(minimum 2 people)



A young boy with dark skin is sitting on a concrete ledge under a public shower. He is wearing a light blue tank top with a red graphic. Water is spraying from a showerhead above him, and he is using his hands to wash his hair. The background shows a blue wall with some text and a blue plastic tub.

1°N, 7°E

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

www.hbdprincipe.com