

**FIND  
YOURSELF  
IN PRÍNCIPE**

DISCOVER THE BEST KEPT SECRETS  
OF PRÍNCIPE ISLAND



# RESPONSIBLE TOURISM

Príncipe Island is part of the World Network of Biosphere Reserves, a global programme to foster the conservation of biological and cultural diversity, promoting economic and social development based on partnerships between people and nature, and encouraging green development options such as responsible tourism and training for eco-jobs.

Together with our choices we can contribute towards the  
17 United Nations Sustainable Development Goals:



## OUR COMMITMENT

### The Hotels and Sustainable Development

We are committed to giving our guests exceptional, personalised service in a unique environment whilst engaging them in our mission to contribute to the sustainable and responsible development of Príncipe Island as well as the conservation of its precious biodiversity.

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'YOU CANNOT GET THROUGH A SINGLE DAY WITHOUT HAVING AN IMPACT ON THE WORLD AROUND YOU. WHAT YOU DO MAKES A DIFFERENCE, AND YOU HAVE TO DECIDE WHAT KIND OF DIFFERENCE YOU WANT TO MAKE.'

Jane Goodall

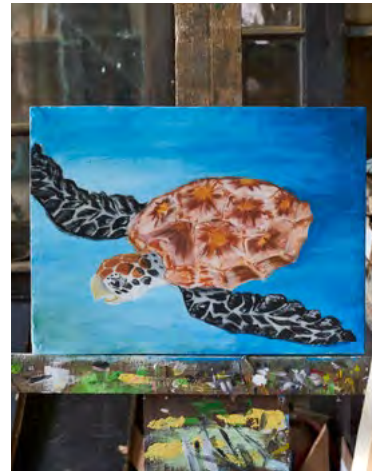


# HANDS-ON

## COOKING WORKSHOP

Why not try out your skills in the kitchen for a day? Let your imagination flow and learn to cook like a 5\* chef.

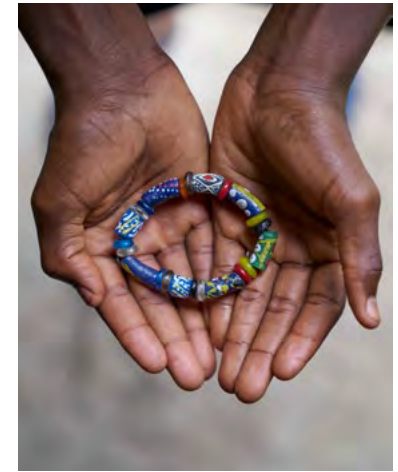
**Price: 50€ per person (minimum 2 persons)**



## MAMBOS DA TERRA

Make your own artwork under the guidance of the group of artists, Mambos da Terra. You're guaranteed to have fun, and you'll be able to bring back your own memento of Príncipe Island.

**Price: 50€ per person (minimum 2 persons)**



## ISLAND TREASURE

Spend a different kind of day making recycled glass jewellery. Learn about the whole process and make your own piece of island treasure. Afterwards, visit the old hospital of Porto Real and its wonderful Roça.

**Price: 60€ per person (minimum 2 persons)**



## WASTE RECYCLING COOPERATIVE

Set up in 2016 with the aim of transforming glass into jewelry and organic waste into compost, this cooperative is already a great example of one of the sustainable business initiatives on Príncipe Island. Come and meet the ten inspiring women who founded the project, and besides gaining financial independence have found a way to turn trash into treasure!

Visit the Cooperative and lend your support!

# FEET ON THE GROUND

## SANTA JOAQUINA

Visit the largest Roça (Plantation House) on Príncipe Island, with its Cape Verdean traces. Come with us on a trail that will take you to the old lookout point for ships and enjoy a picnic with the best view over the town of Santo António. On our return, you'll learn about a new project to help promote the sustainability of the planet, which involves transforming glass into jewellery (Island treasure).

**Duration: 4H | Price: 40€ per person**  
(minimum 2 persons)



Distance  
8.69km

## RIBEIRA IZÉ

This is a trail that takes you to Ribeira Izé, the first capital of Príncipe. You can still see the ruins of its church and the house of a famous historical figure of São Tomé and Príncipe, Maria Correia. Come and enjoy this adventure with us!

**Duration: 4H | Price: 20€ per person**  
(minimum 2 persons)



Distance  
2.24km

## ROÇA INFANTE/ INFANTE PLANTATION HOUSE

Roça Infante D. Henrique is an old plantation house abandoned by the colonials after the island's independence. Today it is covered in vegetation and is situated about 18 km from Santo António. On the way to Roça Infante, we also pass the plantation house, Roça da Ribeira Fria, where we can sometimes visit Sr. Romão, a farmer in this part of the island, and try his fresh produce. During the walk along the trail leading to the Infante estate, we'll see monkeys, native birds, orchids and different medicinal plants, as well as rock formations typical of volcanic islands. We carry on until the Praia General Fonseca, an old harbour used by the Roça to dispatch its produce, where a boat will then take us back to the hotel.

**Duration: 6H/8H | Price: 90€ per person**  
hiking, 150€ per person boat



Distance  
19.08km

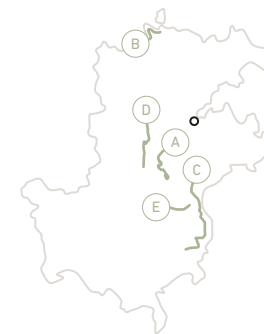
## PICO PAPAGAIO/ PARROT MOUNTAIN

Pico Papagaio is one of Príncipe Island's most famous mountains. Visible from the town of Santo António, it is approximately 700 metres high and is formed from volcanic basalt. Surrounded by secondary and primary rainforest, it lies within the boundaries of the National Park. During this walk, which will take you to the top of the mountain, you'll see monkeys, native birds, orchids and medicinal plants. Besides all that, the views you'll get of the island are simply spectacular!

**Duration: 5H | Price: 80€ per person**  
(minimum 2 persons)



Distance  
7.18km





## CASCATA O QUÊ PIPI/ O QUÊ PIPI WATERFALL

Adventure along a small hiking trail that takes you through the rainforest. Enjoy the nature around you and cool off at one of the island's most beautiful waterfalls.

**Duration: 3H | Price: 50€ per person  
(minimum 2 persons)**



Distance  
2.27km

# PACIÊNCIA ORGANIC

**From the Rainforest of the Príncipe Island  
Biosphere Reserve**

All Paciência organic produces are planted and cultivated in the forest, ensuring maximum flavour and aroma. Our cacao trees grow protected by its shade and in sync with the ecosystems; the pods are harvested by the communities and treated carefully to preserve their quality. Our vegetables are cultivated combining rare exotic seeds and native herbs in line with the principles of permaculture.

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n 2 persons)



Made with Roça Paciência care and attention:

- Pure coconut oil
- Pure coconut oil with Ylang Ylang essencial oil
  - Cacao Cream
- Pineapple jam with chayote or passion fruit according to the season
  - Papaya and mint jam
- Coconut water and banana jam
- Spices (ginger, turmeric, white pepper, chilli)
- Tropical Muesli (with dried banana, dried papaya, dried pineapple, roasted cocoa and dried tropical almond)

-- 100% organic --

## CASCATA O QUÊ PIP

Adventure also takes you through the nature and of the island's

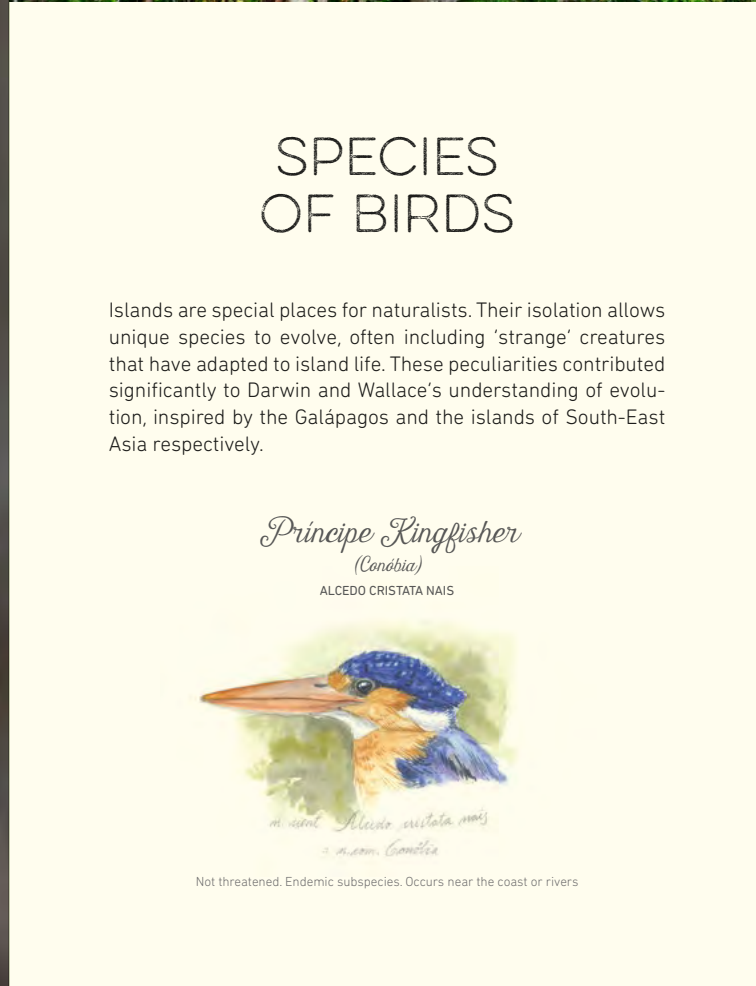
Duration: 3H | P (minimum 2 per



## TURTLE WATCHING

This trip consists of accompanying the monitoring of female sea turtles about to lay their eggs on the beaches of Principe Island, between September and April. 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.

Duration: 16h30 - 19h00 and 20h30 - 23h30 | Price: 40€ per person (minimum 2 persons)



## BIRD WATCHING

São Tomé and Príncipe has minimum 21 endemic species of birds.

Take your binoculars and venture out to discover them. Their sounds and colours are unique and unforgettable. An experience not to be missed.

**Duration: 2H/4H | Price: 30€ per person (minimum 2 persons)**

## SPECIES OF BIRDS

Islands are special places for naturalists. Their isolation allows unique species to evolve, often including 'strange' creatures that have adapted to island life. These peculiarities contributed significantly to Darwin and Wallace's understanding of evolution, inspired by the Galápagos and the islands of South-East Asia respectively.

### *Príncipe Kingfisher* (*Conóbia*)

ALCEDO CRISTATA NAIS



Not threatened. Endemic subspecies. Occurs near the coast or rivers





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Duration: 2H/4H | Price: 30€ per person  
(minimum 2 persons)

## WHALE AND DOLPHIN WATCHING

Watch whales and dolphins in their natural habitat. The sea around Príncipe is a great place for spotting these beautiful species - an experience you'll never forget.

**Duration: 2H | Price: 200€ per boat (2 to 3 persons), 250€ (more than 4 persons)**



## BAÍA DAS AGULHAS/ BAY OF NEEDLES

Come and enjoy some of the most spectacular views of the west side of the National Park, seen from the sea. The Bay of Needles, so called because of the phonolite towers rising up out of the skyline, will give you an experience of nature in its purest state.

**Duration: 3H | Price: 70€ per person (minimum 2 persons)**

## SPORT FISHING TAG & RELEASE

We practice tag and release in the waters of Príncipe, where you can fish a variety of species, including Atlantic Sailfish and Blue Marlin. The Blue Marlin is more common between July and August and the Sailfish between November and December. During the other months of the year it's common to see great barracudas, wahoos and douradas.

**Duration: 4H/8H | Price: 400€ (4H per boat) 600€ (8H per boat)**

## BOAT TRIP ALONG THE COAST

Enjoy a boat trip along the beaches of the northeast of the island. This trip is designed for sea and beach lovers. Discover Príncipe's most beautiful beaches on the northeast of the island.

**Duration: 3H | Price: 50€ per person**

## DIVING

Can you imagine a world in which everything is silent and full of colours, and all you have to do is relax and feel comfortable? This is the world of diving.

**Duration/ Price: 1 diving (75€), 2 diversings (130€), 4 diversings (220€)**

## SNORKELLING

Come and discover the abundance of marine life that lies beneath the water.

## STAND-UP PADDLE BOARDING

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

## KAYAK

Adventure along the coast of Príncipe Island in your own kayak.



**CITY OF SANTO ANTÓNIO**  
See if you can get lost in the smallest capital city in the world.

**CAPITAL:** SANTO ANTÓNIO  
**POPULATION:** 7,000 INHABITANTS  
**AREA:** 142 KM<sup>2</sup>  
**TIME ZONE:** UTC±00:00  
**LOCAL CURRENCY:** DOBRA  
**LANGUAGE:** PORTUGUESE



**1 BAIÁ DAS AGULHAS/  
BAY OF NEEDLES**

Situated on the east coast of the island, you can only reach this bay by boat. Seen from the water, this mountainous island with its phonolite towers soaring up out of the skyline is a truly impressive sight that will take you back to the beginnings of time.



**2 BOM BOM ISLAND**

The site of the Hotel Bom Bom and accessible across a wooden bridge, this small islet is the northernmost point of Príncipe Island. You'll find an exceptional restaurant here with a wonderful view of the hotel's two beaches.



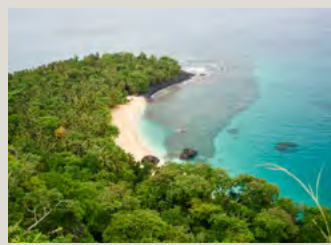
**3 NOVA ESTRELA  
VIEWING POINT**

From here you can get a perfect view of the island know as Boné do Jóquei (Jockey's Cap), and its canopy of caroceiros (tropical almond trees). If you time your visit for the end of the day you're very likely to hear a symphony of African parrots.



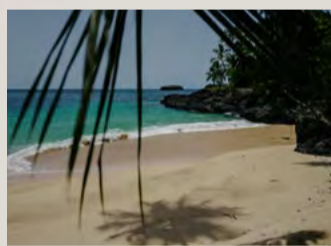
**4 PRAIA ABADE**

Praia Abade is a traditional fishing village where you can see the men and women at work and the children playing freely. Spend some time here to appreciate the magic of the people of Príncipe.



**5 PRAIA BANANA**

It was on this beach that the famous Bacardi advert was filmed in the 90's. Can you remember the words of the song? 'Be, what you wanna be, taking things the way, they come, nothing is as nice as finding paradise.'



**6 PRAIA BOI**

It is generally agreed that Boi, Banana and Margarida are the island's loveliest beaches. Besides its crystalline waters, the texture of the sand at Praia Boi is unlike any other on the island.



**7 PRAIA GRANDE**

Príncipe's largest beach and where the project to protect and preserve sea turtles is based.



**8 PRAIA MARGARIDA**

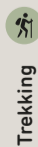
Praia Margarida is next to Praia Sundy and the waters on this beach are emerald green. Beauty in its purest state.



**9 PRAIA RIBEIRA IZÉ**

Although it's next to the Bom Bom beach, reaching it is part of the adventure! An hour and a half walk along a hiking trail will take you to the beach that was once the first capital of Príncipe and where you can still see some of the ruins from those times.

For more information: [wikiloc.com](http://wikiloc.com)



35 min  
PRÍNCIPE  
140 km  
SÃO TOMÉ



Príncipe Island  
16 km  
8 km



# ON WHEELS

## EXPLORE THE SOUTH

This excursion will take you around the South of Príncipe Island, beginning with the traditional fishing village of Praia Abade. Stopping at the Nova Estrela (New Star) viewing point, you'll enjoy a panoramic view of the Ilhéu Boné do Jôquei (Jockey's Cap). Then, at the Terreiro Velho viewing point, you can appreciate a spectacular view of the national park to the east, and São Joaquim, to the west.

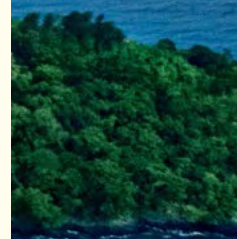
**Duration: 4H | Price: 50€ per person**  
(minimum 2 persons)



## PLANTATIONS TOUR

Learn all about the secrets of organic farming at the plantation house, Roça Paciência. Savour 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.

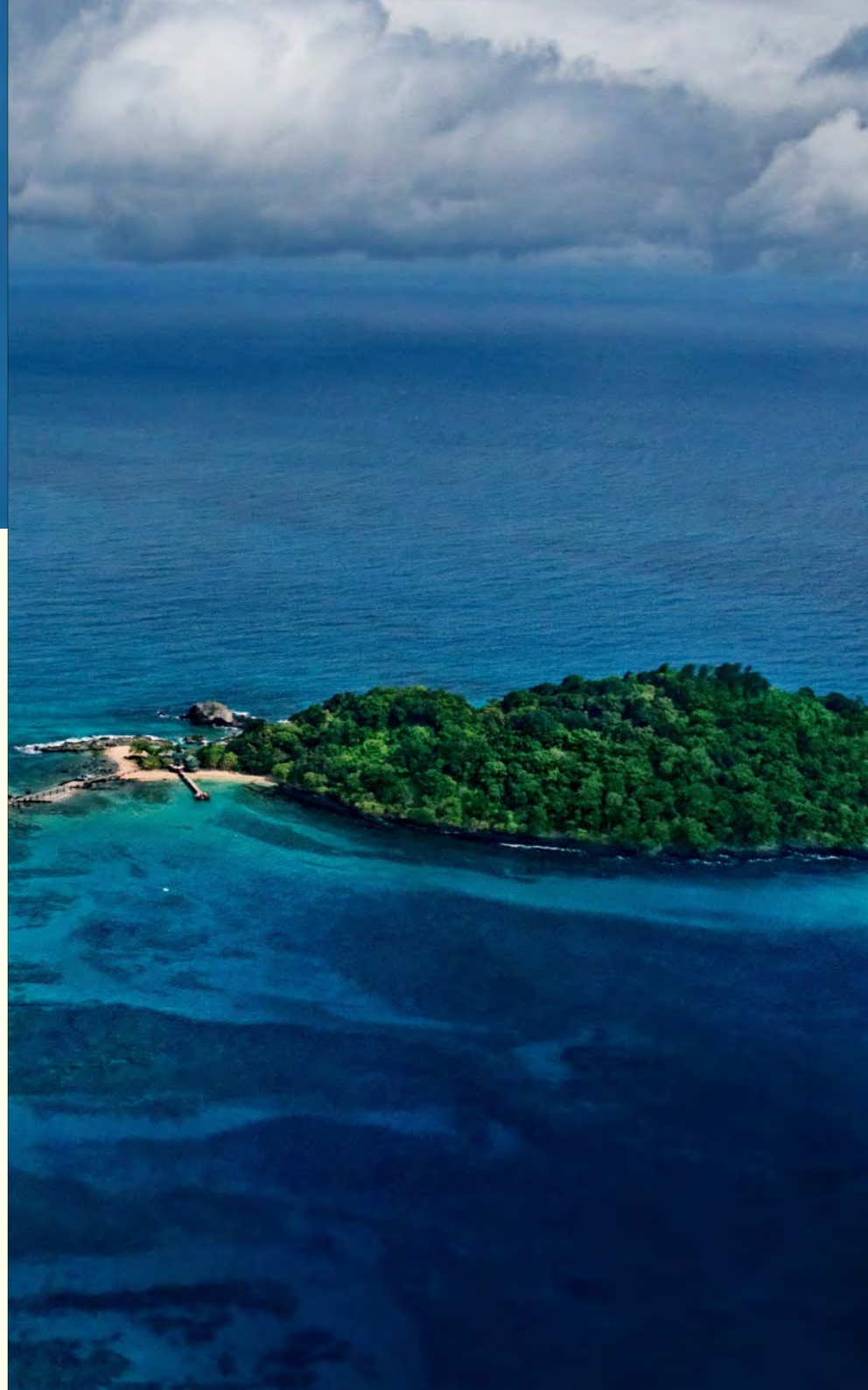
**Duration: 3H | Price: 40€ per person**  
(minimum 2 persons)



## EXPLORE PRÍNCIPE

This is a great way of getting to know the island's culture and outstanding scenery in a single day. It includes a visit to the smallest capital in the world, and its loveliest corners. 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. Come and be a Principiano for a day.

**Duration: 6H | Price: 80€ per person (minimum 2 persons)**



### TRADITIONAL LOCAL MEAL

Mata-bala, jaca, cajá-manga, sape-sape, izaquente, fruta-pão, maquêqueê, micóco are just some of the exotic fruits offered up by the soil of Príncipe, as well as an abundance of bananas, passion fruit, pineapple, palm oil, coconut and cacao.

At the local restaurants you can experience different dishes cooked with all these ingredients, which obey the natural cycle of the seasons rather than human appetites. The menu is always simple, and African, just like the ambience with its vibrant colours and sensations.

# DIVINE LIFE

## STARGAZING

Follow the footsteps of Sir Arthur Eddington and study a night sky like no other, at the historic site where this famous scientist proved the General Theory of Relativity.

Count the shooting stars...

## WELLNESS

Let yourself be transported into a world of well-being, surrounded by essences, flowers, candles and smooth stones. Renew your feeling of inner peace and release all stress and tension.

Our treatment menu includes massages for women, men and couples; body and face care and techniques for total relaxation. And to enhance the benefits of your beauty treatments, you can purchase some of the natural products made here on Príncipe Island.

**Duration/ Price: under request**





## YOGA

Balance your mind and body and restore your energies amidst Nature in its purest state. Make the most of your journey to connect with yourself.

## TOP TIPS FOR TRAVELLING TO PRÍNCIPE:

- Remember to use mosquito repellent, especially in the morning and evening;
- Use hand sanitiser, especially before meals;
- Drink bottled water and avoid ice if outside HBD hotels;
  - Use sun screen and a hat;
  - Clean any cuts and keep wounds covered;
- Remember we have an on-call nurse that you can contact for advice.





BOM BOM

PRÍNCIPE ISLAND



ROÇA

SUNDY · PRÍNCIPE ISLAND



SUNDY

PRAIA · PRÍNCIPE ISLAND

'ENOUGH TO MAKE YOU WANT  
TO PACK IN EVERYTHING AND  
STAY FOREVER'

FINANCIAL TIMES

#changelives | #iamprincipe | #findyourselfinprincipe