

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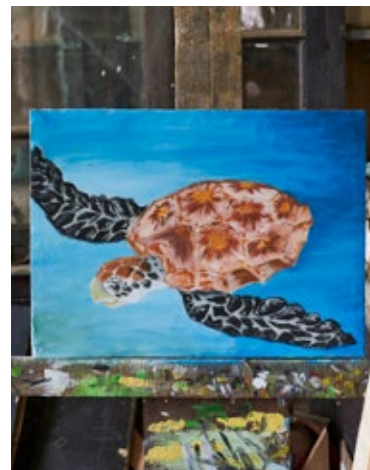
'YOU CANNOT GET THROUGH A SINGLE DAY WITHOUT HAVING AN IMPACT ON THE WORLD AROUND YOU. WHAT YOU DO MAKES A DIFFERENCE, AND YOU HAVE TO DECIDE WHAT KIND OF DIFFERENCE YOU WANT TO MAKE.'

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.



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.



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.



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



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



Distance
2.24km

ROÇA INFANTE/ INFANTE PLANTATION HOUSE

Rocha 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 Rocha Infante, we also pass the plantation house, Rocha 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 Rocha to dispatch its produce, where a boat will then take us back to the hotel.

Duration: 6H/8H



Distance
19.08km

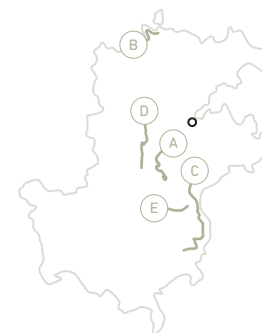
PICO PAPAGAIO/ PARROT MOUNTAIN

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



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



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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h30 - 23h30



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 the nature area of the island's

Duration: 3H



TURTLE WATCHING

This trip consists of accompanying the monitoring of female sea turtles about to lay their eggs on the beaches of Príncipe 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



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 NAIA



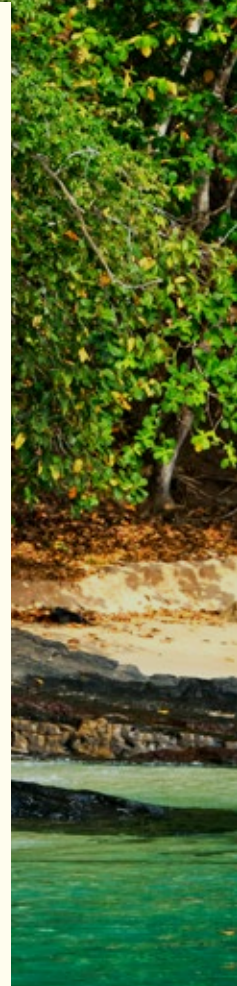
Not threatened. Endemic subspecies. Occurs near the coast or rivers

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





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Duration: 2H/4H



OUT TO SEA

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

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

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

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

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.

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 KM2
TIME ZONE:
UTC±01:00
LOCAL CURRENCY:
DOBRA
LANGUAGE:
PORTUGUESE



1 BAÍA 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.'

For more information: wikiloc.com



Trekking



Diving Sites



Sightseeing



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.



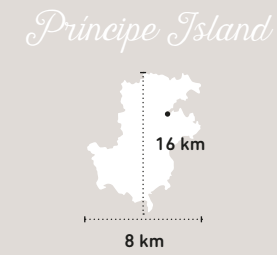
8 PRAIA MARGARIDA

Praia Margarida is next to Praia Sundry 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.





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 Jóquei (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.

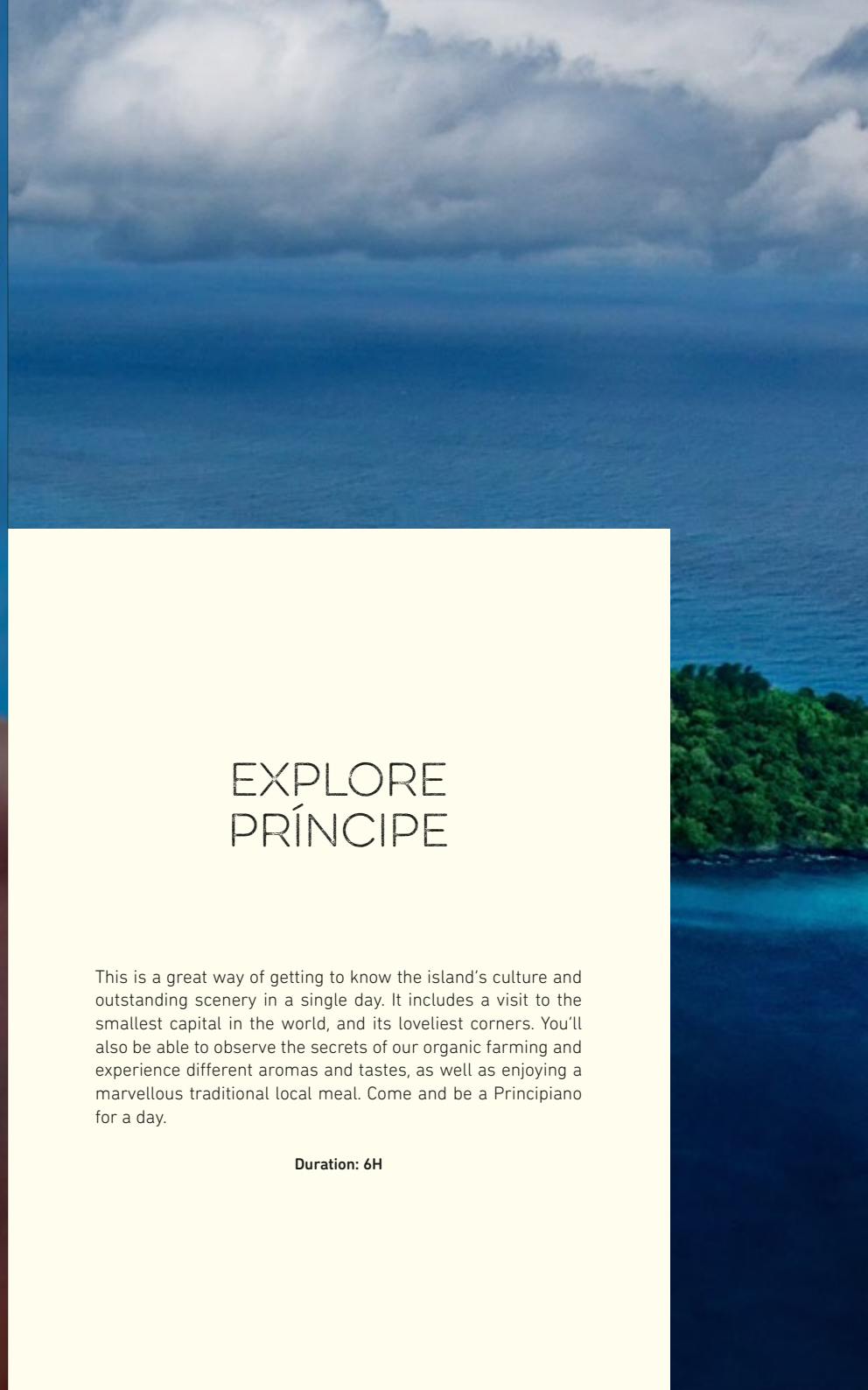
Duration: 4H



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



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.

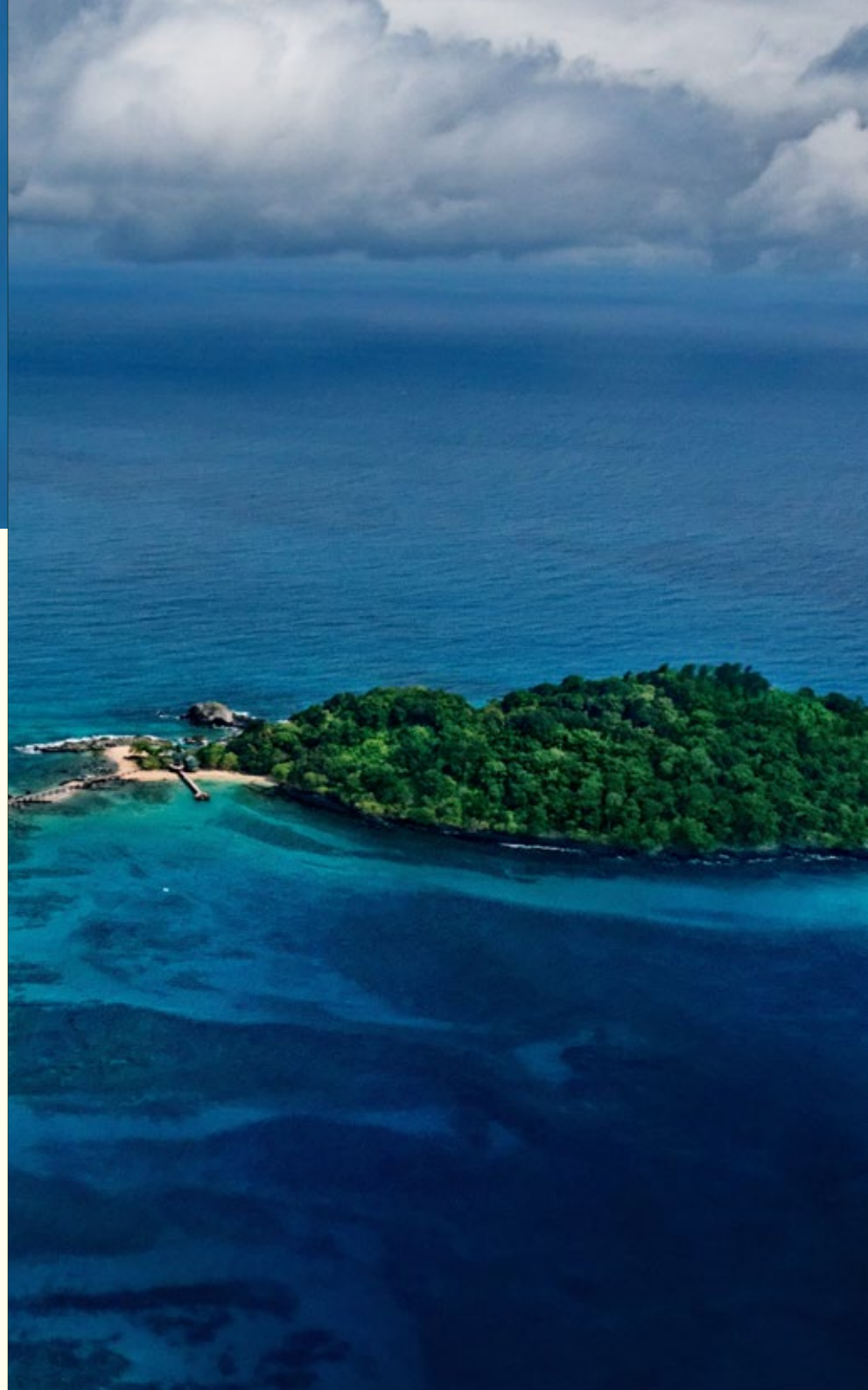
Duration: 6H



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.



A woman with long dark hair, wearing a white short-sleeved dress, is kneeling on a wooden deck. She is in a yoga pose, with her hands pressed together in front of her chest, fingers pointing upwards. Her eyes are closed, and her head is slightly bowed. The background is a blurred view of a beach and some stone structures.

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