

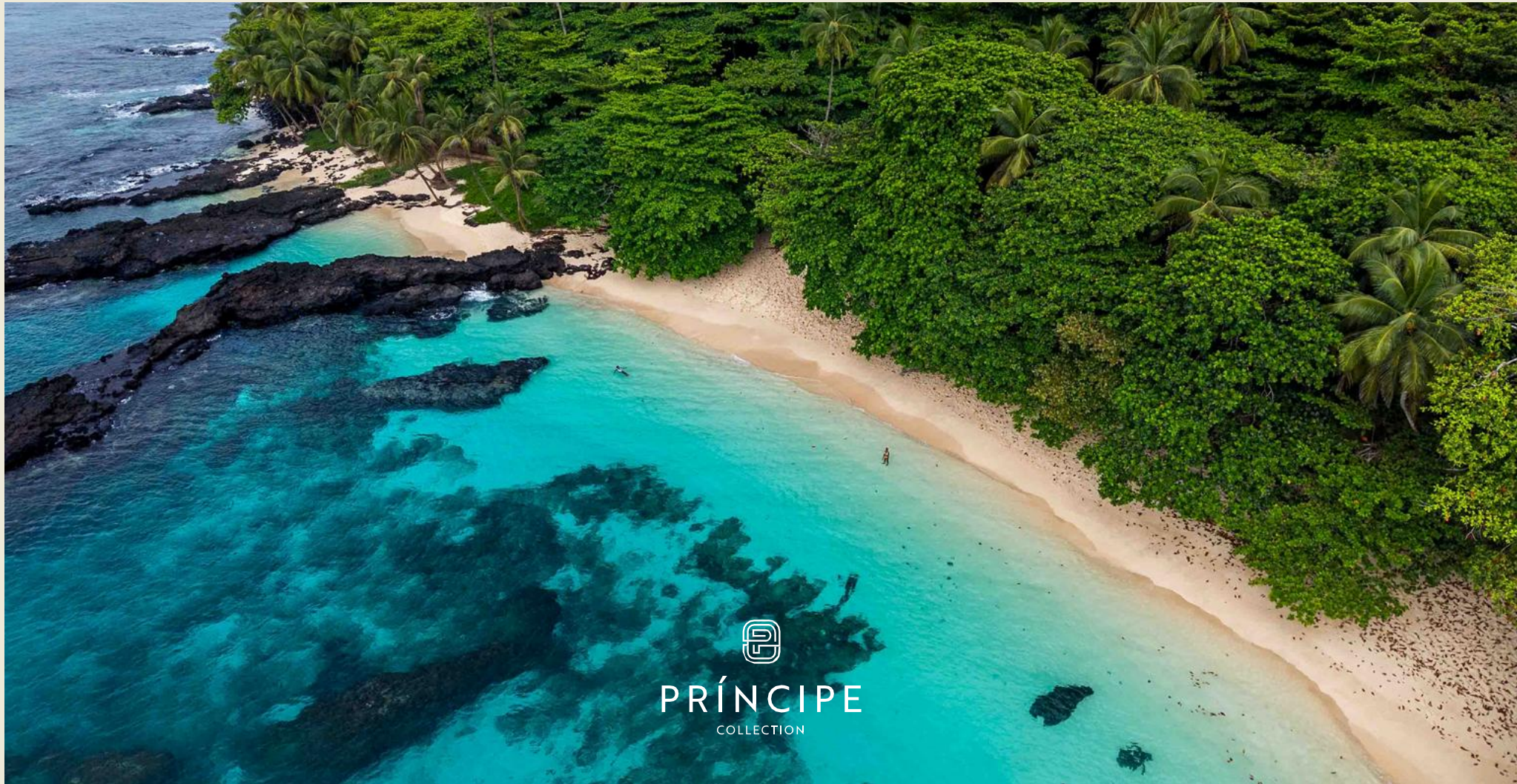


Activities in São Tomé



PRÍNCIPE
COLLECTION

www.principcollection.com | [@principcollection](https://www.instagram.com/principcollection)



PRÍNCIPE
COLLECTION

ACTIVITIES IN SÃO TOMÉ

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



WELCOME TO SÃO TOMÉ

Volcanic, verdant and wonderfully unspoilt, São Tomé is one of Africa's best-kept secrets. Rising from the Gulf of Guinea, the island is a landscape of rainforest-covered mountains, historic cacao and coffee plantations, dramatic coastlines and secluded beaches, where nature and culture remain deeply intertwined.

Whether wandering through colonial-era roças, hiking beneath towering rainforest canopies, swimming beneath hidden waterfalls or exploring vibrant local communities, each experience offers a deeper understanding of the island's remarkable heritage and biodiversity. Weather permitting, many journeys also reveal views of the iconic Pico Cão Grande, the island's spectacular 663-metre volcanic plug, one of the most striking natural landmarks in Africa.

Explore São Tomé through experiences designed to connect you with the island, from its rich history and extraordinary landscapes to the warmth of its people and the authenticity of everyday island life. Our Concierge team will be delighted to help you select the experiences best suited to your interests and create a truly memorable stay.

We look forward to helping you discover the many wonders of São Tomé.





BEFORE YOU GO

To make the most of your experience, we recommend bringing comfortable clothing, suitable walking shoes, a hat, sunscreen and insect repellent. A reusable water bottle is also encouraged as part of our commitment to reducing single-use plastics.

Some experiences involve hiking through rainforest or uneven terrain and may require a moderate to high level of fitness.

Please note: Experiences are operated by trusted local partners and are subject to change without prior notice. Availability may vary depending on weather conditions and operational requirements. Some experiences are seasonal and guided by the rhythms of nature.

ACTIVITIES IN SÃO TOMÉ

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



EXPLORE AT YOUR OWN PACE

Hiring a car is one of the best ways to discover São Tomé independently, allowing you to explore secluded beaches, historic plantations and picturesque villages at your own rhythm. To explore São Tomé independently and at your own pace, you can contact our trusted local car rental partners directly using the details below.



Car rental

Contacts

Rent a Car São Tours	vagnerb.st@hotmail.com +239 992 3517 (WhatsApp)
Privilege Tours Rent a Car	info@privilegetours.com +239 998 7333 +239 908 2868
Rotas de São Tomé	reservas@rotassaotome.com +239 9914285 (WhatsApp)

ACTIVITIES IN SÃO TOMÉ

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



São Tomé City Tour (4 hours)

HISTORY | CULTURE

Discover the colourful capital of São Tomé, where Portuguese colonial architecture, lively markets and everyday island life blend effortlessly. Visit landmarks including Fort São Sebastião, the National Museum, Independence Square and the Presidential Palace before wandering through bustling local markets filled with tropical produce, handicrafts and island flavours.

Lunch included at a local restaurant (drinks excluded)



São Tomé, São Nicolau Waterfall & Monte Café (6 hours)

NATURE | HISTORY

Journey from the capital into São Tomé's lush central highlands, where winding mountain roads reveal spectacular scenery and historic coffee plantations. Explore the beautiful São Nicolau Waterfall, visit the Bom Sucesso Botanical Garden on the edge of Obô Natural Park, and discover Monte Café, once one of the island's most important coffee estates.

Lunch included at a local restaurant (drinks excluded)



ACTIVITIES IN SÃO TOMÉ

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



Coffee Route (5 hours)

NATURE | HISTORY

Discover São Tomé's rich coffee heritage as you travel through mist-covered mountains and historic plantations. Visit Monte Café, admire the dramatic São Nicolau Waterfall and explore the Bom Sucesso Botanical Garden, home to an extraordinary collection of endemic plants at the gateway to Obô Natural Park.

Lunch included at a local restaurant (drinks excluded)



Cacao Route (6 hours)

NATURE | HISTORY

Follow the story of São Tomé's legendary cacao through some of the island's most historic plantations. Visit Agostinho Neto, Bela Vista and Diogo Vaz, where you'll learn about traditional cacao cultivation and chocolate production before continuing to Lagoa Azul, Tamarindos Beach and the historic Padrão dos Descobrimentos. The journey concludes with spectacular coastal views from Santa Catarina Tunnel.

Lunch included at a local restaurant (drinks excluded)



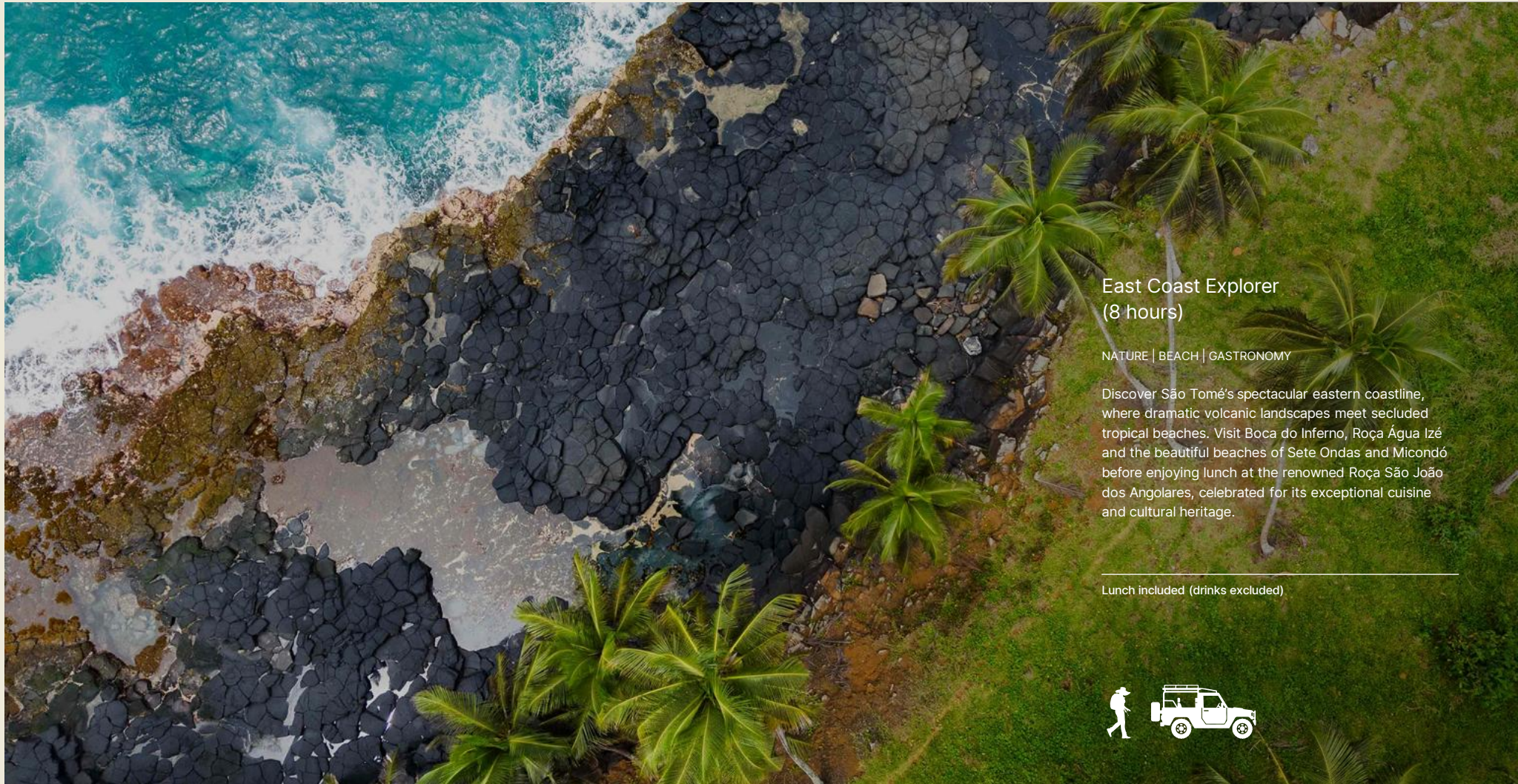
Cacao & Coffee Route (7 hours)

NATURE | HISTORY

Experience the best of São Tomé's agricultural heritage on a journey through the island's celebrated cacao and coffee regions. Explore historic plantations, beautiful coastal scenery and lush mountain landscapes while discovering the traditions that once made São Tomé one of the world's leading producers of both cacao and coffee.

Lunch included at a local restaurant (drinks excluded)





East Coast Explorer (8 hours)

NATURE | BEACH | GASTRONOMY

Discover São Tomé's spectacular eastern coastline, where dramatic volcanic landscapes meet secluded tropical beaches. Visit Boca do Inferno, Roça Água Izé and the beautiful beaches of Sete Ondas and Micondó before enjoying lunch at the renowned Roça São João dos Angolares, celebrated for its exceptional cuisine and cultural heritage.

Lunch included (drinks excluded)



ACTIVITIES IN SÃO TOMÉ

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



Southern Explorer & Malanza Mangrove (6 hours)

FOREST | BEACH

Journey to the island's remote southern coast, where rainforest, mangroves and dramatic volcanic scenery create one of São Tomé's most spectacular landscapes. Visit Praia Pesqueira Waterfall, admire the iconic Pico Cão Grande, explore the Malanza mangrove by boat and discover Jalé and Inhame beaches, important nesting sites for sea turtles.

Lunch included (drinks excluded)



Ilhéu das Rolas | Road & Boat (Full Day)

NATURE | HISTORY | BEACH

Travel south through lush tropical landscapes before crossing by traditional motorised pirogue to Ilhéu das Rolas, one of the few places in the world where visitors can stand directly on the Equator. Visit the Equator Monument, discover Joana Beach and enjoy the relaxed atmosphere of this beautiful island paradise.

Lunch included (drinks excluded)



Birdwatching (Full Day)

NATURE | FOREST | WILDLIFE

São Tomé is one of Africa's premier birdwatching destinations, home to an extraordinary concentration of endemic species found nowhere else on Earth. Accompanied by expert local guides, explore the primary rainforests of Bom Sucesso, Lagoa Amélia or Águas Belas in search of rare birds including several critically endangered species.

Picnic lunch included (drinks excluded)



ACTIVITIES IN SÃO TOMÉ

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



Lagoa Amélia Trek (5 hours)

NATURE | FOREST | WILDLIFE

Beginning at the Bom Sucesso Botanical Garden, this rewarding hike leads through the mist-covered rainforest of Obô Natural Park to the ancient volcanic crater of Lagoa Amélia. Along the way, discover endemic plants, butterflies and birdlife while immersing yourself in one of Africa's richest ecosystems.

Picnic lunch included (drinks excluded)



Seven Tunnels & Angolar Waterfall (8 hours)

NATURE | HISTORY

Venture deep into the rainforest on one of São Tomé's most rewarding hikes. Following historic railway tunnels carved into the mountainside, the trail leads through dense vegetation before revealing the spectacular Angolar Waterfall, hidden within the heart of Obô Natural Park.

Picnic lunch included (drinks excluded)



Pico São Tomé (1 day)

NATURE | FOREST

Climb to the highest point in São Tomé on an unforgettable full-day expedition through cloud forest, endemic vegetation and breathtaking mountain scenery. A challenging hike rewarded with spectacular panoramic views and an unforgettable sense of achievement.

Picnic lunch included (water included)



ACTIVITIES IN SÃO TOMÉ

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



Activities	Pricing per person <i>(min. 2pax)</i>	Pricing per person <i>(individual)</i>
São Tomé City Tour	90 €	150 €
São Tomé, São Nicolau Waterfall & Monte Café	140 €	280 €
Coffee Route	120 €	185 €
Cacao Route	120 €	185 €
Cacao & Coffee Route	190 €	300 €
Southern Explorer & Malanza Mangrove	125 €	200 €
Ilhéu das Rolas Road & Boat	125 €	210 €
Birdwatching	130 €	230 €
Lagoa Amélia Trek	110 €	200 €
Seven Tunnels & Angolar Waterfall	130 €	230 €
Pico São Tomé (1 day)	150 €	260 €



* VAT included



1°N,7°E

Where an imaginary line meets something real

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