



São Tomé & Príncipe

Imagine travelling to a country that receives less than 20 tourists per week, a tropical paradise with white palm fringed beaches, crystal clear water, unexplored jungle with endemic species and a friendly people who rarely see any tourists. This is the reality of travel to São Tomé and Príncipe



The Democratic Republic of São Tomé and Príncipe comprises the two main islands of São Tomé and Príncipe (set 150km apart), and a dozen tiny islets. The archipelago is scattered some 300km off the west coast of Gabon in the Gulf of Guinea. The islet of Rolas actually straddles the Equator.

A Portuguese colony until 1975, Portuguese remains the official language, although Creole is as widely spoken, together with French. The influence of its colonial past is evident everywhere, a rich cultural mix, with the local people being descendants of Portuguese, Cape Verdeans, Angolans and Mozambiqueans. With a stable government and a peace-loving people, São Tomé is certainly one of the safest countries in Africa to visit, but retains that special feel of adventure and discovery. Given its compact size much of the country can be explored in just a week. For those looking for the ultimate undiscovered paradise we would recommend an extension to Príncipe (136 square km), a 50 minute flight from the main island, and home to just 5,000 people. Contact us for further details of how we can extend our Discovery tour to include Príncipe.

Join us on our pioneering São Tomé Discovery tour, taking in the highlights of this little visited West African country. During our 8-day itinerary, we will travel to the interior of the island, staying at a Roça, or Plantation House. We then trek (5hrs) towards the coast before continuing south by road. The trek can be strenuous, but you will be rewarded with fine views of the lush landscape as we continue through a succession of valleys and ridges.



Once we have reached the coast, there will be time to relax, and take a swim in one of the beautiful bays, before reaching our second Roça for a comfortable overnight stay. The following day we travel to the southernmost point of São Tomé island. A short boat transfer brings us to Rolas Island. Our stay will be at the island's luxury, international standard resort. Enjoy the excellent facilities and fine beaches, and be sure to visit the Equator Mark that crosses the island.

Sample Itinerary: São Tomé Discovery

Private Journey: Min 2

Rating: **T**

Transport: Private 4WD, ferry

- Day 1 Depart UK
- Day 2 Arrival São Tomé
- Day 3 City of São Tomé to Bombaim
- Day 4 Trekking to Bernardó Faro
- Day 5 On the East Coast
- Day 6 The southern beaches
- Day 7 Pestana Equador Island Resort
- Day 8 The Northeast
- Day 9 Return to UK

Guide Price: **£670**

(Including flights from £1,690)

Journey Ideas: Make a side-trip to Gabon and visit the irresistible Loango National Park, the Jewel of Africa's western coast for a very special wildlife experience and less than 2hrs from São Tomé and Príncipe

For detailed itineraries and prices please visit www.saotome-undiscovered.com or call our well-travelled team

