

# HBD

PRÍNCIPE ISLAND

## Experiences 2023

PRÍNCIPE – SUNDY PRAIA | ROÇA SUNDY

BOM BOM | SÃO TOMÉ – OMALI





# Príncipe Guided Experiences

\*\*NB Bom Bom is closed until further notice.



## Included Experiences

1. Cacao Route
2. Oquê Pipi Waterfall Trail
3. Ribeira Izé Lost City Trail
4. Rainforest to Beach
5. Discover Príncipe
6. Bay of Needles
7. Northeast Beaches

## Additional Experiences

- A. Roça Infante Trail
- B. Parrot Peak Trail
- C. Maria Correia Waterfall Trail
- D. Turtle Watching
- E. More Additional Experiences to come!

*Remember to bring your reusable water bottle! As part of our efforts to reduce single-use items, we encourage Guests to use reusable water bottles during experiences. There will be reusable water bottles for purchase at reception at Roça Sundy and Sundy Praia.*



## Príncipe Guided Experiences (included)

1 x optional guided experience is included daily in the rates for Sundy Praia and Roça Sundy. Experiences are recommended to take place in the morning at 9 a.m. and are weather dependent. In case of adverse weather conditions, some experiences may be conducted in the afternoon.

GUIDED EXPERIENCES:	SUNDY PRAIA	ROÇA SUNDY
<div>Cacao Route   Walking   Half Day (4 hours)</div> <div>NATURE   HISTORY   AGROFORESTRY   GASTRONOMY</div> <div>Experience the cacao journey from 'tree to table.' Visit a cacao plantation and learn how the Cacaueiro tree is planted, cultivated and grown. Visit the old dryers to learn about the transformation process, and then end the tour with a tasting of several cacao-based treats.</div> <div>Includes: Cacao plantation tour; chocolate factory presentation and tasting.</div>		
<div>Oquê Pipi Waterfall Trail   Light Hiking   Half Day (4 hours)</div> <div>NATURE   FOREST   BIRD WATCHING</div> <div>Walk through the lush, tropical forests of the Parque Natural do Príncipe, to the Oquê Pipi Waterfall, the largest waterfall on the island. Swim in the natural, crystal-clear 'pool' and observe some of the most popular animal and plant species on Príncipe.</div> <div>Includes: Transfer to and from the trail; informative walk; swimming.</div>		
<div>Ribeira Izé - Lost City Trail   Walking   Half Day (3 hours)</div> <div>FOREST   BEACH   HISTORY   BIRD WATCHING</div> <div>Walk from Sundy Praia and through the tropical forest to Ribeira Izé and the ruins of a Catholic church. On the way back, stroll along the beach and take a dip in the ocean.</div> <div>Includes: Informative walk; swimming.</div>		



# Príncipe Guided Experiences (included)

Rainforest to Beach | Light Hiking | Half Day (4 hours)  
FOREST | BEACH | NATURE | HISTORY



Beginning at Roça Sundy, hike downhill through the vibrant forest to a secluded beach. Once there, enjoy a light lunch and an ocean dip before ending at Sundy Praia.

Includes: Transport to and from trail; informative walk; swimming; lunch.

Discover Príncipe | Car & Walking | Half Day (4 Hours)  
HISTORY | CULTURE



Drive through some of the island's old roças and some of the most impressive viewpoints. Along the way, we will have the opportunity to see the work of local artisans. We will conclude the tour in the town of Santo António, where we can stay for lunch. (Cost of lunch not included.)

Includes: Transportation; short informative walks; visit to local artisans.

Bay of Needles | Boat | Half Day (4 hours)  
OCEAN | BEACH



Located on the edge of the Parque Natural do Príncipe and within the UNESCO Biosphere Reserve, Bay of Needles is a place like no other. Enjoy spectacular views of the western side of the reserve, with its several beaches surrounded by volcanic plugs. We will stop for a swim in this enchanting bay.

Includes: Boat trip to Baía das Agulhas; swimming and snorkelling.

Northeast Beaches | Boat | Full Day (6 hours)  
OCEAN | BEACH | CULTURE | COMMUNITY



Enjoy a boat trip along the secluded beaches of the northeast side of the island and discover the natural beauty of Príncipe from a different perspective out at sea. Pass by a small fishing village and learn about the traditional way of life on Príncipe island. Part of this experience's proceeds are contributed directly to the local fishing community.

Includes: Boat trip; Praia Boi; swimming and lunch.



# Príncipe Additional Guided Experiences

EXPERIENCES AVAILABLE ON REQUEST WITH EXTRA COST AND ARE SUBJECT TO AVAILABILITY:

SUNDY PRAIA

ROÇA SUNDY

Roça Infante Trail | Hiking | Full Day (6 hours)  
NATURE | FOREST | HISTORY

ENQUIRE FOR DETAILS

Adventure in the Parque Natural do Príncipe following a challenging trail, stopping at an old port, to the abandoned Roça Infante, which has been since swallowed by the lush forest leaving mysterious ruins to explore.

Parrot Peak Trail | Hiking | Full Day (6 Hours)  
NATURE | FOREST | CONSERVATION

ENQUIRE FOR DETAILS

Located in the Parque Natural do Príncipe, Parrot Peak is the most famous mountain on Príncipe. Ascend through the forest to the peak for a memorable view, admiring and learning about the plants and flowers along the way.

Maria Correia Waterfall Trail | Hiking | Full Day (6 Hours)  
NATURE | FOREST | BEACH

ENQUIRE FOR DETAILS

Follow this coastal trail as it passes through forest, beach, and a fishing village before ending at the secluded Cascata Maria Correia to enjoy a refreshing dip.

Turtle Watching | Light Walking | Evening Experience  
OCEAN | CONSERVATION

ENQUIRE FOR DETAILS

Learn about sea turtles and the conservation of this threatened species through the important work our non-profit partner Fundação Príncipe is leading. If you're lucky on a visit to Praia Grande, you may witness sea turtles nesting between November and February or sea turtles hatching between February and April.

Scuba Diving  
OCEAN

COMING SOON







## Príncipe Independent Experiences

EXPERIENCES TO ENJOY ON YOUR OWN:

SUNDY PRAIA

ROÇA SUNDY

Discover Santo António | Sightseeing | 3 hours  
SIGHTSEEING | CULTURE | LEISURE



Walk through the picturesque streets of the self-proclaimed smallest city in the world and discover some of its traditions and local delicacies.

Roça Sundy to Sundy Praia | Walking | 20 minutes  
LEISURE | NATURE | FOREST



A wonderful easy walk of roughly 2kms through the forest and the old cocoa plantation down to the beach.

Sundy Praia to Roça Sundy | Walking | 30 minutes  
LEISURE | NATURE | FOREST



The same trail as above but more demanding due to the inclination from the beach to up to Roça at the top of the hill. Along the way you will find a very pleasant stopover to rest and listen to the sounds of nature.

Sundy Praia to Praia Marmita | Walking | 20 minutes  
OCEAN | BEACH | LEISURE



A short and very pleasant stroll along the coast to one of the most beautiful and secluded beaches on the island of Príncipe.

Standup Paddle Boarding | Water Sport  
OCEAN | BEACH | LEISURE



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

Snorkelling | Watersport  
OCEAN | BEACH



Discover the abundance of marine life that lies beneath the water.





1°N, 7°E

#DiscoverPrincipe

PRÍNCIPE – SUNDY PRAIA | ROÇA SUNDY

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