



PRÍNCIPE ISLAND

# Fact Sheet 2023

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

Updated November 2022





# Travel Information

SÃO TOMÉ & PRÍNCIPE

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(BOM BOM closed for renovation until further notice)

HBD

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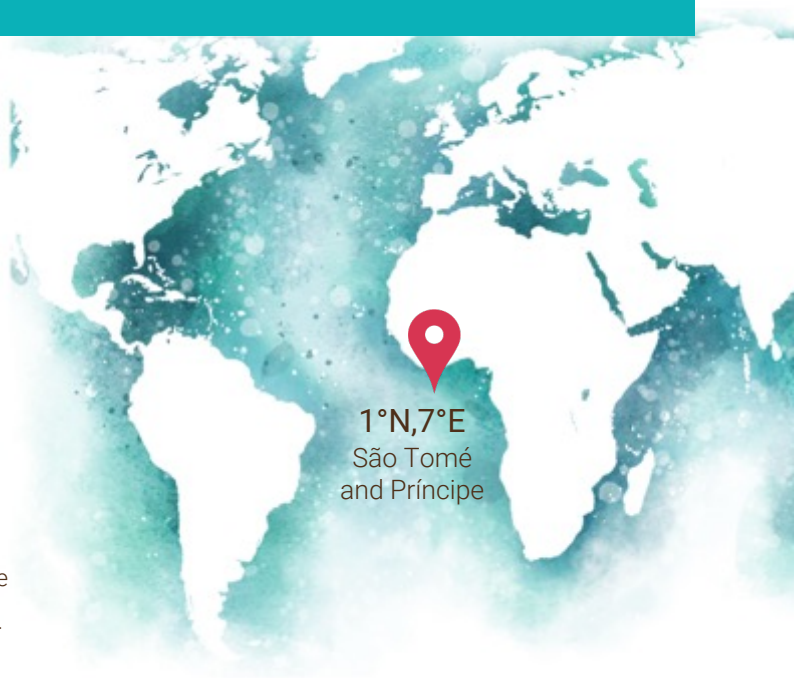
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# São Tomé and Príncipe

With geo-coordinates 1°N,7°E, São Tomé and Príncipe, the second-smallest country in Africa, is located at the centre of the world.

Created by volcanic activity 31 million years ago, these striking islands rise out of the Gulf of Guinea and the vibrant rainforests are amongst the most biodiverse on the planet. In particular, Príncipe, a UNESCO Biosphere Reserve, is home to several endemic terrestrial and marine species. The people are deeply Earth-connected, warm and welcoming.



The islands blend natural wonders with a gripping history. Once the world's largest producer of cacao, they were known as "the chocolate islands." Today, visit the historic roças and vintage cacao plantations and experience the sustainable, thoughtful revitalisation of the industry established by HBD Príncipe.

## Visas

- **No visa required:** Valid passport holders from the USA, Canada, the EU\* and CPLP (Community of Portuguese Speaking Countries) may stay in São Tomé and Príncipe for a maximum of 15 days without a visa. A valid Schengen visa or a valid visa for the USA that is present in the passport also entitles the holder to the visa-waiving program.
- **Visa required:** Travellers of all other nationalities must apply for a visa, either on arrival in the country or online (recommended) at the following website: <https://evisa.st/visa-policy.html> If the online service is used, documents should be printed and presented at the border. Please note there is a € 20 fee on arrival at São Tomé airport, payable in cash, for everyone who requires a visa, whether or not an online application has been completed.

\*Whilst the UK is no longer part of the EU, British passport holders also do NOT require a visa.



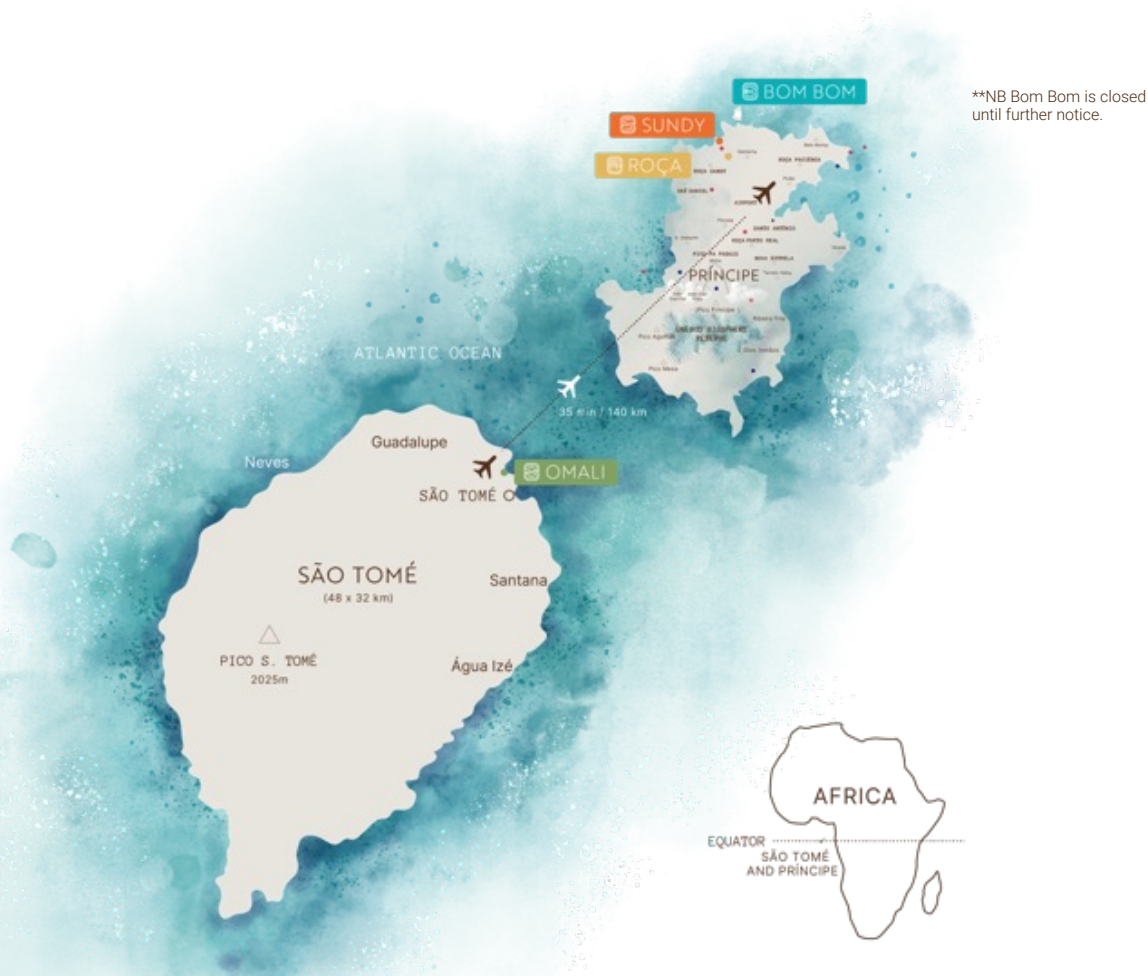
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# Maps and Access



## Getting there

Please refer to the flight access information on our website for more details on international flight connections and times.

### 1. Fly to São Tomé Island:

- **From Lisbon, Portugal:** TAP Portugal or STP Airways.
- **From Accra, Ghana:** TAP Portugal. This connects with several flights out of the USA, Dubai, and other African hubs.
- **From Libreville, Gabon:** Afrijet. This connects with the Air France flight from Paris.
- **From Luanda, Angola:** TAAG. This flight connects with the TAAG flight to Madrid and Lisbon (Thursday & Sunday)

- **From Lome, Togo via Libreville, Gabon:** FlyAskyl. Flights on a Wednesday, Friday and Sunday.

### 2. Fly to Príncipe Island:

- A domestic flight from São Tomé International Airport to Príncipe Island runs daily. This timetable is, however, subject to change and it is advisable to check before booking.
- The maximum baggage allowance on the domestic flight is 15kg per person.





## Currency

- **Currency:** the local currency is the Dobra which can only be obtained in-country (1€ = 24,5 STN)
- **Cash:** Euros (€) are widely accepted, and it is recommended that travellers bring some cash. There is an ATM available just outside Omali Lodge.
- **Omali Lodge**
  - Euro, USD and STD are accepted (*payments cannot be made in coins or banknotes under \$10*).
  - There is an ATM next to Omali, but only Visa is accepted and withdrawals are in Dobras (STN).
  - Visa and Mastercard are accepted at Omali Lodge.
- **Sundy Praia**
  - Euro, USD and STD are accepted (*payments cannot be made in coins or banknotes under \$10*).
  - Only Visa is accepted at Sundy Praia.
- **Roça Sundy**
  - Euro, USD and STD are accepted (*payments cannot be made in coins or banknotes under \$10*).
  - Only Visa is accepted at Roça Sundy.

## Covid-19 & Vaccinations

- **COVID-19: Unvaccinated passengers:** aged 12 years and older must hold a negative antigen test obtained within 48 hours prior to departure or a PCR test obtained within 72 hours prior to departure. For vaccinated passengers, a test is not required providing proof of fully vaccination against Covid-19 can be provided on arrival.

*\*\* Please ensure to visit the website for the latest COVID-19 requirements before travel.*

- **Other:** No other vaccinations are required. It is recommended that a travel medicine specialist is consulted before arrival.
- **Yellow Fever:** If guests have visited or travelled through (including connecting flights) any another African country during the prior three months upon arrival to São Tomé and Príncipe, a valid "International Vaccination Certificate" for Yellow Fever must be presented at the airport at São Tomé.
- **HBD Medical Support:** A nurse is available at our hotels and lodges should any medical assistance be required.



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# Weather and Seasons

There are two rainy seasons in the year, and although their dates can vary from year to year, the normal pattern is that the first occurs between February and May and the second between October and December. There is variability during the season, too; weather fluctuates between periods of sun, cloud and rain. Exploring São Tomé and Príncipe is enjoyable throughout the year with temperatures ranging from 20° to 30° Celsius depending on the time of day and season.

Online weather forecasts will generally show rain and thunderstorms. Although the island has a high rainfall, there are many balmy days with beautiful sunshine. The island has a microclimate and there is seldom a day when you are not able to head out somewhere to catch the best weather for your chosen activity.

Please be aware that this information is merely indicative and all sightings are subject to change given the unpredictability of nature and of Príncipe. For example, in some years whales are seen frequently; in others, rarely.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Average Day Temperature	29°C 84°F	29°C 84°F	29°C 84°F	29°C 84°F	29°C 84°F	29°C 84°F	27°C 81°F	27°C 81°F	27°C 81°F	28°C 82°F	28°C 82°F	28°C 82°F
Average Night Temperature	22°C 72°F	22°C 72°F	22°C 72°F	21°C 70°F	21°C 70°F	21°C 70°F	20°C 68°F	20°C 68°F	20°C 68°F	21°C 70°F	21°C 70°F	21°C 70°F
Rainy Seasons												
Whale and Dolphin Watching												
Turtle Nesting		Seldom seen					Turtle nests may be sighted on the beach, but this is rare.					
Turtle Hatching					Seldom seen							
Birds Breeding Plumage												

# What to pack

During all times of year, loose, light-fitting clothing in natural fibres (cotton and linen) or synthetic fabrics that breathe are recommended. In the evening, a light sweatshirt may be useful.

Beach days: Swimming costume and beach wear. Sunscreen, sun hat and sunglasses.

Forest days: Good walking shoes (e.g., sneakers, trail running sneakers, sturdy hiking sandals) that can get wet. Comfortable walking clothes – especially long hiking/walking trousers and a small day backpack. A light raincoat or jacket is suggested for all times of year.



## Facts

- **Local Time:** GMT + 0
- **Language:** The official and national language is Portuguese. English is spoken in all our hotels.
- **Electricity:** 220 volts is used throughout the island and most hotels have European /continental two-pin sockets.
- **Food:** the specialty food is Calulu, a pork or fish stew with beans and rice, or Riz Creole (spicy, seasoned rice). Other popular ingredients are sweet potato, pumpkin, and cassava. Use of local spices is liberal and the locally made chocolate is legendary. International cuisine is available at HBD Príncipe hotels, as well as a snack menu for light meals.
- **Insurance:** we recommend having a comprehensive travel and cancellation insurance. The policy should include emergency repatriation. Some credit card companies provide automatic travel insurance if you pay for your holiday by credit card. Please check the extent of cover provided.
- **Shopping in São Tomé:** In general shopping hours are from 0800 – 1700 on Mondays – Fridays, but please note the opportunities are limited!
- **Public Transport:** The only public transport is moto-taxis or motorised rickshaws in São Tomé. To arrange transport on the islands, speak with reception of your hotel.
- **Public Holidays:**
  - 1 January – New Year's Day
  - 3 February – Martyrs' Day
  - 1 May – Labour Day
  - 12 July – Independence Day
  - 6 September – Armed Forces Day
  - 30 September – Agricultural Reform Day
  - 1 November – All Saints Day
  - 21 December – Sao Tome Day
  - 25 December - Christmas
- **Customs:** Please note that fruits, vegetables, seeds, and meat products are considered as restricted goods and are prohibited from entering the island.
- **Meeting at the Airport:** The airport is Sao Tome International Airport, located 5 kilometres from our hotel, Omali São Tomé. On arrival, collect your luggage and make your way to the arrival's hall. You will be met by a representative of HBD Príncipe.







## Our purpose

### Sustainability

HBD Príncipe's Vision is more than words

At HBD Príncipe, our commitment has always been to the people and natural environment. With a vision of the sustainable social and economic development in Príncipe and conservation of the island's UNESCO Biosphere Reserve, guests can be assured that while they discover the land, sea, and culture, we are committed to protecting these things in return. We know that what makes the island special – from nesting sea turtles to clean air and clear skies to the verdant tree canopy – is what sustains our business, too. Príncipe's nature and communities make it different; and we have a differentiated commitment to protecting them.

HBD Príncipe believes that we have the opportunity and responsibility to disrupt the status quo: our mission is to become a global inspiration through sustainable integrated ecotourism, agroforestry, support services, and social initiatives. Moreover, how we operate – by striving to minimize negative effects and increase positive contributions – is essential. In essence, this is sustainability; the HBD Príncipe team considers the direct impact and ramifications that our actions and decisions have on our vision, our operations, and the Biosphere Reserve – today and in the future.

One thing we know for certain: this work takes time. While the HBD Príncipe team is hard at work and making progress, we still have more to do to align with and achieve our goals. As guests explore the island's beaches and forests, learn about and admire flora and fauna, and enjoy local food and drinks, guests are also contributing to the journey of sustainable development.

## Contributions to the local community

If you would like to bring school supplies or clothing for the local communities of São Tomé and Príncipe, please contact the reception of your hotel when you arrive, who will advise on the best course of action.

Please do not bring sweets or candies as these can be harmful to health and create waste.



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1 Bedroom Tented Villa



# SUNDY

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Inspired by the wood-panelled fishermen’s huts that once stood in this sheltered nook above the beach, the tented villas at Sundy Praia exist in harmony with their lush, forest surroundings. Locally handcrafted pieces and designer accents complement the spacious wooden interior. Vast floor-to-ceiling sliding doors bring the outside in and offer sweeping views of to the sea. All villas have stunning bathrooms that feature freestanding granite bath tubs with views of the jungle. Aligned with our ethos of sustainable development, most oils and creams are handmade on our organic farm, Paciência, led by the local community. Each tented villa comes with an individual dressing area and maxi bar which is replenished daily with local fruits and juices.

24-hour emergency contact: +239 999 70 00

HOTEL DETAILS				ROOM DETAILS			
Number of rooms*	14	Airport transfer	Yes	Extra beds	Yes	Aircon	Yes
Check-in	12:00	Guided Experiences	Included	Terraces	Yes	Telephone	Yes
Check-out	11:00	Private dinners	Yes	Private pool	Only 3-bed villas	Wi-Fi	Yes
Children	All ages	Swimming pool	Yes	Shower	Indoor	Safe	Yes
Electricity	220V (EU plugs)	Bar	Yes	Bath	Yes	Mini Bar	Maxi + coffee/tea
Wi-Fi	Yes	Gym	No	Mosquito nets	No	Hair dryer	Yes
Credit cards	Accepted	Spa	Yes	Fan	Yes	Laundry	Yes

\*All master bedrooms in all villas have King-size beds. In 2 and 3-bed villas, the secondary bedrooms may have Queen-size beds and/or twin beds.

- Please enquire for details on disability accessibility.
- Tipping is by no means compulsory, but always greatly appreciated by the staff at the lodges and hotels. Should you feel like leaving a tip, a good guideline is around € 10 per person per night, which will be shared with the team.





Roça Sundry Eclipse House



Roça Sundry is the centre of Príncipe's chocolate story; it was once the second largest cacao plantation on the island. Roça Sundry is also significant for its role in a keystone scientific discovery: observations just outside the building during the solar eclipse in 1919 confirmed Einstein's theory of general relativity. The two buildings, which have been thoughtfully restored, are aptly named the Eclipse House and the Cacao House. Today they share the grounds with local community members giving guests a true insight into the character and history of Príncipe. Eclipse House: In this charming building, which used to be the main house of the roça, are 6 en-suite bedrooms. Three on the ground floor: one Suite and two Yard rooms. The first floor includes three Panoramic rooms each with a private balcony and panoramic views. Cacao House: With a slightly more contemporary style, this building includes nine en-suite bedrooms: four Yard rooms, four Panoramic rooms with a balcony and view of the landscape and one Cacao Suite.

24-hour emergency contact: +239 999 70 00

HOTEL DETAILS				ROOM DETAILS			
Number of rooms*	15	Airport transfer	Yes	Extra beds	Suites & Eclipse Yard	Aircon	Yes
Check-in	12:00	Guided Experiences	Included	Verandas	Panoramic & Suites	Telephone	Yes
Check-out	11:00	Private dinners	On request	Private pool	No	Wi-Fi	Yes
Children	All ages	Swimming pool	No	Shower	Indoor	Safe	Yes
Electricity	220V (EU plugs)	Bar	Yes	Bath	Eclipse Suite only	Bar	Mini + coffee/tea
Wi-Fi	Yes	Gym	No	Mosquito nets	No	Hair dryer	Yes
Credit cards	Accepted	Spa	No	Fan	No	Laundry	Yes

\*All rooms at Roça have queen size beds. Twin beds are not available. There are two inter-connecting rooms available.

- Please enquire for details on disability accessibility.
- Tipping is by no means compulsory, but always greatly appreciated by the staff at the lodges and hotels. Should you feel like leaving a tip, a good guideline is around € 10 per person per night, which will be shared with the team.





Omali Bedroom Details

Omali, meaning "ocean" and "source of life," is a fitting name for this hotel, which is located next to Lagarto Beach. A mere 1.5 kilometres from the airport, Omali Lodge is a great base for exploring São Tomé or connecting to Príncipe. Tastefully decorated with lovely gardens and well-known for its excellent restaurant, the hotel offers 30 comfortable rooms and suites for holiday-makers and business travellers.

**Classic Room (10):** A 20m² room with all the essentials to ensure a comfortable stay.

**Premier Room (10):** The suites offer a living room and a balcony overlooking the tropical gardens which offers more privacy.

**Suite (4):** Suited to business travellers or those looking for extra space, these 45m² rooms offer a seating area for small meetings.

**Family Room (6):** The family suite allows for maximum comfort with an area of 55m², which can comfortably accommodate 4 people with 1 double bed and 2 single beds.

24-hour emergency contact: +239 222 2479 / 2350

HOTEL DETAILS				ROOM DETAILS			
Number of rooms*	30	Airport transfer	Yes	Extra beds	Yes	Aircon	Yes
Check-in	14:00	Guided Experiences	Excluded	Verandas	Yes	Telephone	Yes
Check-out	11:00	Meeting facilities	Yes	Private pool	No	Wi-Fi	Yes
Children	All ages	Swimming pool	Yes	Shower	Indoor	Safe	Yes
Electricity	220V (EU plugs)	Bar	Yes	Bath	No	Bar	Mini + coffee/tea
Wi-Fi	Yes	Gym	Yes	Mosquito nets	No	Hair dryer	Yes
Credit cards	Accepted	Spa	No	Fan	Yes	Laundry	Yes

\*All Classic Rooms have Queen-size beds; Premier & Family Rooms may have King beds OR twin; Suites have King-size beds.

- Please enquire for details on disability accessibility.
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1°N, 7°E  
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