

HBD

PRÍNCIPE ISLAND

Sustainable Tourism

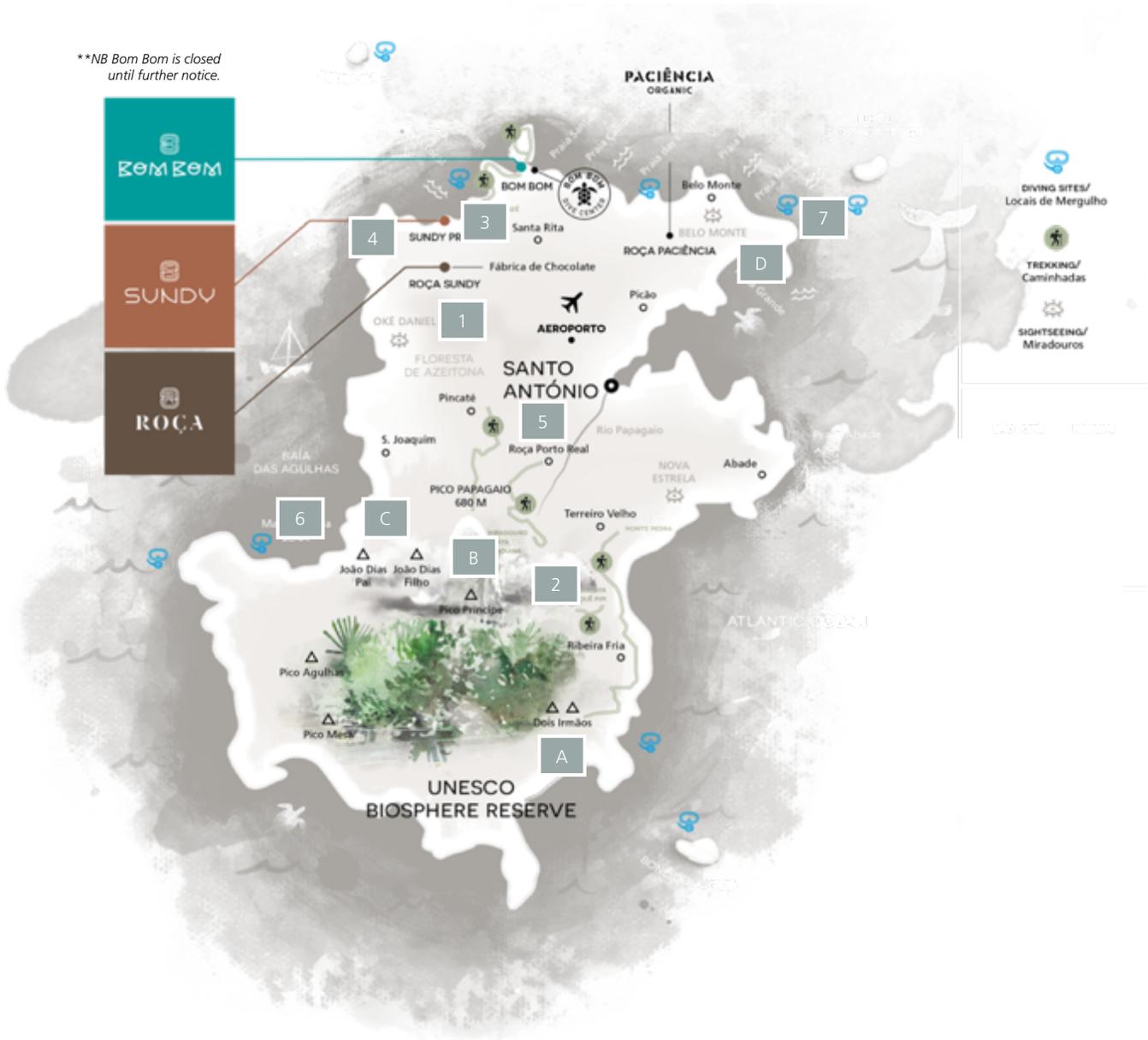
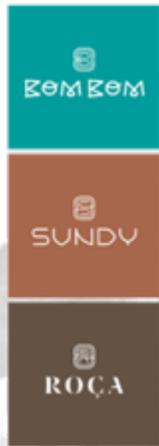
# EXPERIENCES 2021/2022

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



# PRÍNCIPE GUIDED EXPERIENCES

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



## INCLUDED EXPERIENCES

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

## ADDITIONAL EXPERIENCES

- A. Infante Plantation Trail
- B. Parrot Peak Trail
- C. Maria Correia Waterfall Trail
- D. Turtle Watching

*More Additional Experiences to come!*

# PRÍNCIPE GUIDED EXPERIENCES (INCLUDED)

1 x optional guided experience is included in the rates for Sundry Praia and Roça Sundry. Experiences are recommended to take place in the morning at 8 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
<b>CACAO ROUTE   WALKING   HALF DAY (4 HOURS)</b> NATURE   HISTORY   AGROFORESTRY   GASTRONOMY		
<p>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.</p> <p><i>Includes: Cacao plantation tour; chocolate factory presentation and tasting.</i></p>		
<b>OQUÊ PIPI WATERFALL TRAIL   LIGHT HIKING   HALF DAY (4 HOURS)</b> NATURE   FOREST   BIRD WATCHING		
<p>Walk through the lush, tropical forests of the Parque Natural do Príncipe, 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.</p> <p><i>Includes: Transfer to and from the trail; swimming.</i></p>		
<b>RIBEIRA IZÉ   LOST CITY TRAIL   WALKING   HALF DAY (3 HOURS)</b> FOREST   BEACH   HISTORY   BIRD WATCHING		
<p>Walk from Sundry Praia and through the tropical forest to the village of Ribeira Izé and the ruins of a Catholic church. On the way back, stroll along the beach and take a dip in the ocean.</p> <p><i>Includes: Informative walk; swimming.</i></p>		
<b>RAINFOREST TO BEACH   LIGHT HIKING   HALF DAY (4 HOURS)</b> FOREST   BEACH   NATURE   HISTORY		
<p>Beginning at Roça Sundry, hike downhill through the vibrant forest to a secluded beach. Once there, enjoy a light lunch and an ocean dip before a canoe ride to Sundry Praia.</p> <p><i>Includes: Transport to and from trail; informative walk; swimming; canoe ride; lunch.</i></p>		
<b>DISCOVER PRÍNCIPE   CAR &amp; WALKING   HALF DAY (4 HOURS)</b> SIGHTSEEING   CULTURE		
<p>Starting from Santo António, the quaint capital city, explore the south of the island, including the traditional fishing village of Praia Abade, and the amazing Nova Estrela and Terreiro Velho viewpoints.</p> <p><i>Includes: Transport and short walks along the route.</i></p>		
<b>BAY OF NEEDLES   BOAT   HALF DAY (4 HOURS)</b> OCEAN   BEACH		
<p>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, including seven beaches, and snorkelling in this picturesque bay.</p> <p><i>Includes: Boat trip to Baía de Agulhas; swimming and snorkelling.</i></p>		
<b>NORTHEAST BEACHES   BOAT   FULL DAY (7 HOURS)</b> OCEAN   BEACH   CULTURE   COMMUNITY		
<p>Enjoy a boat trip along the secluded beaches of the northeast side of the island, discover the natural beauty of Príncipe from a different perspective out at sea. Stop at a small fishing village and learn about the traditional way of life on Príncipe island. HBD donates part of this experience's proceeds to the local fishing community.</p> <p><i>Includes: Boat trip to Praia Seabra; fishing village visit; Praia Boi; swimming and lunch.</i></p>		

# PRÍNCIPE ADDITIONAL GUIDED EXPERIENCES

Experiences available on request with extra cost and are subject to availability:	SUNDY PRAIA	ROÇA SUNDY
<b>INFANTE PLANTATION TRAIL   HIKING   FULL DAY</b> 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.		
<b>PARROT PEAK TRAIL   HIKING   FULL DAY</b> 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.		
<b>MARIA CORREIA WATERFALL TRAIL   HIKING   HALF DAY</b> 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.		
<b>TURTLE WATCHING   LIGHT WALKING   EVENING EXPERIENCE</b> OCEAN   CONSERVATION	Enquire for details	
Between November and March, monitor the sea turtles laying their eggs on Príncipe's beaches. Learn about sea turtles and the conservation of this threatened species and the important work our non-profit partner Fundação Príncipe is leading, and if you're lucky, you may see young sea turtles hatching.		
<b>SCUBA DIVING</b> OCEAN   CONSERVATION	Not available in 2021	



# PRÍNCIPE SELF-GUIDED 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 smallest town in the world and discover some of its traditions and local delicacies.

ROÇA SUNDY TO SUNDY PRAIA   WALKING   20 MINUTES LEISURE   NATURE		
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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		
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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		
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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		
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Enjoy a view of Príncipe Island's coastline whilst balancing on a stand-up paddle board.

SNORKELLING   WATER SPORT OCEAN   BEACH		
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Discover the abundance of marine life that lies beneath the water.



- Experiences are subject to availability and are weather dependent.
- Self-guided experiences available at any time.
- Boat experiences recommended for children over 6 years.
- Walking experiences recommended for children over 12 years.
- Children below 12 years require adult supervision.



1°N,7°E

#DiscoverPrincipe  
[www.hbdprincipe.com](http://www.hbdprincipe.com)

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