São Tome & Principe explored, Laterally

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Because I've always wanted to...

Santo Antonio

Neves Ferreira

BIGHT OF BONNY ISLANDS

Neves

São Tomé
and Príncipe

In a Nutshell…

Day 1 - Depart London, overnight in Lisbon. Memmo Alfama

Day 2– Fly to São Tome, overnight at Omali Lodge

Day 3 - Fly to Principe & Stay at Resort Bom Bom

Day 4 - At leisure. Resort Bom Bom

Day 5 - Transfer inland to Roça Sundy

Day 6 - Explore the plantation & the jungle. Roça Sundy

Day 7 - Transfer to the beach at Sundy Praia

Day 8 - Beach days at leisure. Sundy Praia

Day 9 - Visit Roça Belo Monte. Sundy Praia

Day 10 - Beach days at leisure. Sundy Praia

Day 11 - Back to São Tome & Homebound

Day 12 - Welcome home

Flights…

Date	Airline & Flight Number	From	Departs	To	Arrives	Class
Day 1	TP 1359	London, LHR	13:40	Lisbon	16:20	TBC
Day 2	TP 1527*	Lisbon	09:40	São Tome	18:40	TBC
Day 3	8F 211	São Tome	09:00	Principe	09:35	TBC
Day 11	8F 212	Principe	10:20	São Tome	10:55	TBC
Day 11	TP 1528*	São Tome	21:00	Lisbon	04:00 (13Jan)	TBC
Day 12	TP 1354	Lisbon	08:30	London,	11:25	TBC

* Intermediate stop in Accra

Your Confirmed Itinerary...

Day 1 - Fly to Lisbon
Spend the night in Lisbon before flying on to Sao Tome the following morning.

Accommodation: Memmo Alfama , Alfama Room
Meals: Breakfast

Day 2 - Depart Lisbon, fly to São Tome
This morning head back to Lisbon airport in time for your flight to Sao Tome, via Lisbon.

Upon arrival, you are welcomed by a Lateral**life** representative who will assist with the transfer to your hotel.

Floating in the Gulf of Guinea, Africa's second-smallest nation, blends natural wonders with a gripping history. Once a vast network of plantations and a centre of global cocoa production, São Tomé and Príncipe has suffered an economic downturn since independence from Portugal in 1975. In the countryside, squatters inhabit once great mansions; in the capital, historic colonial buildings slowly decay on broken streets.

Nevertheless, the country remains amazingly safe and welcoming to visitors, particularly ecotourists, for whom the advancing jungle is a delight. This is particularly true on tidy and unspoiled Príncipe, an island of just 7000 people. A canopy of green broken by spires of primordial rock, Príncipe is a magnificent lost world, offering fantastic beaches, jungle exploration, snorkelling, fishing and birdwatching.

Accommodation: Omali Lodge Sao Tome
Meals: None

Day 3 - Fly to Principe
This morning you are picked up from Hotel Omali and driven back to the airport in time for your flight to Principe Island where you spend the following 2 nights at Resort Bom Bom.

The islands of São Tomé and Príncipe were uninhabited when the Portuguese navigators João de Santarém, Pedro Escobar and Edigel Campos discovered them in 1470. Hence, they became a Portuguese colony from the 15th century up to their Independence, in 1975.

Príncipe still retains the atmosphere of an undiscovered place, with its steep mountains covered in thick jungle, and is a Unesco biosphere.

Accommodation: Resort Bom Bom Príncipe
Meals: Breakfast & Dinner (drinks excluded)

Day 4 - At leisure
At leisure at Bom Bom.

Take a boat trip, or a hike along the walking trails that will take you back to the origins of the Island of Príncipe, explore the old cacao plantations and listen to the sound of the whales or witness the first steps of a baby turtle (seasonal).

Here are a few suggested activities available on the island *(not included)*:

Explore the South in 4x4: This excursion will take you around the South of Príncipe Island, beginning with the traditional fishing village of Praia Abade. There's a stop at the Nova Estrela (New Star) Viewing Point to enjoy a panoramic view of the Ilhéu Boné de Jóquei (Jockey Cap Island), followed by the Terreiro Velho Viewing Point with its spectacular view of the national park to the east, and São Joaquim, to the west.

Explore the Plantations in 4x4: Learn all about the secrets of organic farming at the plantation house, Roça Paciência. Savour the different aromas and tastes of Príncipe Island's aromatic herbs and medicinal plants, visit the gardens and see how the products are transformed into jams, tropical muesli, toiletries and beauty products.

Sea Turtles hatching: You take part in the monitoring of female sea turtles about to lay their eggs on the beaches of Principe Island, between September and April. You'll get to learn about sea turtles and the conservation of this threatened species.

Boat trip to the Bay of Needle: Enjoy some of the most spectacular views of the west side of the National Park, seen from the sea. The Bay of Needle, so called

because of the phonolite towers rising up out of the skyline, is one of the most sheltered spots on the edge of the National Park. It will give you some tranquil moments, surrounded by nature in its purest state.

Sport Fishing: We practice catch and release in the waters of Príncipe, where you can fish a variety of species, including Atlantic Sailfish and Blue Marlin. The Blue Marlin is most common between July and August and the Sailfish between November and December. During the other months of the year, it's common to see great barracudas, wahoos and douradas.

Trail to Parrot Mountain: Parrot Mountain is one of Príncipe Island's most famous mountains. Visible from the town of Santo António, it is approximately 700 metres high and is formed from volcanic rock. Surrounded by secondary and primary rainforest, it lies within the boundaries of the National Park. This walk will take you to the top of the mountain, and you'll see monkeys, native birds, orchids and medicinal plants.

Bird Watching: São Tomé and Príncipe has between 21 and 29 endemic species of birds. Take your binoculars and venture out to discover them. Their sounds and colours are unique and unforgettable.

Accommodation: Resort Bom Bom Príncipe
Meals: Breakfast & Dinner (drinks excluded)

Day 5 - Transfer inland
Transfer to Roça Sundy. Today, most of the plantations (Roças) have been absorbed back into the local communities, but Roça Sundy has been transformed into a guest house comprising just twelve en-suite rooms for lovers of nature, sustainability and escape.

Accommodation: Roça Sundy
Meals: Breakfast & Dinner (drinks excluded)

Day 6 - Explore the plantation & the jungle
Today is at your leisure, to explore the plantation or the jungle.

In 1908, Sao Tome & Principe was the world's biggest producer of cocoa, and there were 800 of the great roças, or plantations.

Just nine plantations were started on Principe and, as there were no villages or towns outside the tiny port of Santo António, they became the centres of population. Everything revolved around the plantations. Each had a big house for the manager, opposite some simple quarters for workers. Between them would be a few drying sheds and storage rooms. Eventually the slave workforce became bonded labour, often recruited from Cape Verde. Otherwise life did not change much for 500 years, not until 1974, when the Portuguese empire collapsed. After that the plantations slowly declined into quiet villages, occupied mostly by people surviving by subsistence agriculture.

Now, they're magnificently crumbly, some with grand old churches or the outlines of a railway system. Água Izé had once operated more than 30 miles of track, and there are still traces of it, snaking through the ferns.

Accommodation: Roça Sundy
Meals: Breakfast & Dinner (drinks excluded)

Day 7 - Transfer to the beach

Transfer to Sundy Praia, a tented luxury hotel at the wild northwest tip of the island.

Accommodation: Sundy Praia
Meals: Breakfast & Dinner (soft drinks included)

Days 8-10 - Beach days at leisure

Enjoy the next few days at your leisure on the beach, at the very edge of the ocean, surrounded by tropical forest.

A few suggested activities:

Principe Explorer: This is a great way of getting to know the island's culture and outstanding scenery in a single day. You'll also be able to observe the secrets of our organic farming and experience different aromas and tastes, as well as enjoying a marvellous traditional local meal.

Biosphere Trails: Discover the cocoa plantations, walk along rivers, climb to Papagaio peak, 700 meters high formed from volcanic rock or just refresh yourself in the waterfalls. The unpredictable weather only adds to the mystery and ambience of the island.

Boat Trips: Enjoy a boat trip along the beaches of the northeast side of the island and discover the natural beauty of Príncipe from the perspective of the sea.

Scuba diving & snorkeling.

Accommodation: Sundy Praia
Meals: Breakfast & Dinner (soft drinks included)

Day 11 - Homebound
Today you are picked up at your hotel and transferred to Principe's small airport in time for your brief flight to Sao Tome.

Spend the remaining time before your overnight homebound flight, relaxing at the Omali Lodge.

Accommodation: Omali Lodge (day use room only) & Overnight flight
Meals: Breakfast & In-flight meals

Day 12 - Welcome home

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Laterally sleeping...

Memmo Alfama
Located in the heart of the most typical district of Lisbon - Alfama – steps away from the Cathedral and the São Jorge Castle, memmo Alfama is already considered as one of the best hotels in Lisbon and is the first boutique hotel in the city's historic area, with it's narrow streets, traditional shops and the famous Fado restaurants.

www.memmohotels.com/alfama

Omali Lodge Sao Tome
Omali means "ocean" and "source of life" and this hotel offers 30 cheery, modern suites arranged around a pool . Located by the beach on Sao Tome Island in the Gulf of Guinea, Omali Lodge provides elegant rooms and free Wi-Fi access as well as a terrace with sun loungers and the only tennis court in the country.

Each room is air conditioned and includes a TV and a private bathroom with a shower. You can enjoy both local and international specialties at the restaurant or enjoy a drink at the bar, whose terrace overlooks the beach.

www.omalilodge.com

Bom Bom Resort
Bom Bom is a tiny islet off the north coast of Príncipe, which provides a perfect base from which to discover the island.

The small hotel resort extends across two beaches and is nestled at the base of rain-forest-covered hills. At Bom Bom's restaurant you can experience a blend of exotic and local cuisine whilst enjoying the magnificent views of Principe and the surrounding ocean.

The Bom Bom Island Resort offers a range of activities including guided forest hikes, tag and release deep-sea fishing as well as 4 wheel drive safaris visiting to the old Portuguese town of San Antonio and the Cocoa plantations.

www.bombomprincipe.com

...sleeping Laterally

Roça Sundy
Located on the remote, little known and utterly beautiful tropical island of Principe, these islands were once scattered with plantation houses, making them one of the world's largest producers of chocolate. Today, most of the plantations (Roças) have been absorbed back into the local communities, but Roça Sundy has been transformed into an affordable guest house comprising just twelve en-suite rooms for lovers of nature, sustainability and escape. Roça Sundy's two main houses have been carefully restored to create a journey back in time, with the maximum comfort.

In keeping with a strong and heartfelt commitment to sustainability, all of the restoration work has been carried out by local builders, specially trained for the job, using recycled materials, wherever possible.

www.hotelrocasundy.com/en

Sundy Praia
Sheltering between tropical forest and a golden beach, this is a place to unwind stirred by the rhythm of sea and sand.

Merging seamlessly with their forest surrounds, the 15 tented-villas lie hidden among a scattering of tropical almond and banana trees, each gaze down to the sea. With weathered wood panelling and timber decks, the tented-villas echo the style of the fishermen's huts that once stood this spot, just back from the beach.

The decor features handcrafted local artefacts and designer pieces, achieving the perfect balance between comfort and nature and each tent has spacious indoor and outdoor areas, including private terraces; each of the three-bedroom tented-villas has its own private pool.

www.sundyprincipe.com/sundy-praia