



Cocoa Island

SÃO TOMÉ E PRÍNCIPE

Photo by I. Fornasiero



9 days

16 - 24 August 2025

English speaking tour leader



The 'unforgettable' of the trip:

- The **Tchiloli**, or 'The Tragedy of the Marquis of Mantua', a form of street theatre
- The **rocas**, ancient farms that hold masterpieces of Portuguese colonial architecture
- **Cocoa plantations**, where the finest chocolate of the continent comes from
- The **primeval forest** dotted with volcanic peaks, such as **Pico Cao Grande**
- The **Equator marker** on Las Rolas Island, located towards the 'centre of the world'.
- The **Southern beaches**, from Praia Piscina to Praia Café
- The encounter with **pilot whales** and **sea turtles**



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Day 1: Saturday 16 August

Outward flight/Sao Tomé (TMS)

Flight to Sao Tomé. On arrival, meeting with the Kanaga Africa Tours staff who will arrange the transfer to the Emoyeni Garden Hotel or similar. Overnight stay in a double room with services.

Day 2: Sunday 17 August

Sao Tomé

After breakfast, assistance in exchanging euros and the possible purchase of a local phone card. The morning is dedicated to exploring the town of SAO TOME'. We will visit the museum, housed in the old Fort of Sao Sebastiao, which tells the story of the colonial period and the struggle for independence, with an exhibition recalling the Batepa massacre, in which in 1953 a thousand workers employed as labourers in the plantations were killed, who had dared to rebel against the regime of 'forced paid labour' imposed by the colonists and considered by international public opinion to be a true form of slavery. Afterwards, we stroll through the charming city centre, with its numerous pastel-coloured buildings built by the Portuguese, among which the Cathedral stands out, and the lively and busy market, characterised by its abundant fruit and vegetable stalls and lively bargaining for fresh fish. Lunch in a restaurant. In the afternoon, we will attend the traditional performance Tchiloli, or 'Tragedy of the Marquis of Mantua and the Emperor Charlemagne', a form of theatre acted and danced only by men, a way for the natives to re-appropriate history and make it an object of vindication. Overnight stay at the hotel.



Cocoa Island



Sao Tomé Cathedral



Tragedy of the Marquis of Mantua



Tchiloli

Day 3: Monday 18 August

Sao Tomé/Trinidad/Neves

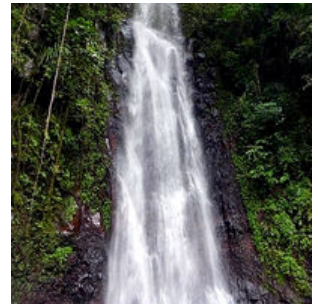
Breakfast at the hotel and transfer to Trinidad, the second city of the country. We begin by admiring the coffee and cocoa plantations, the main export products of the island, introduced by the Portuguese in the 19th century, where thousands of African slaves from other colonies, particularly Angola, once worked. Today, the rocas are 'farms' run by cooperatives, with quality and environmentally sustainable production that is in high demand in the international market. At ROCA MONTE CAFE' we visit the Coffee Museum, where we learn about the different varieties that are grown in Sao Tomé and admire the old buildings where cocoa processing used to take place. Next, we will head to the BOM SUCESSO Botanical Garden, with more than 400 species of endemic, ornamental and medicinal plants, and 140 different types of orchids. After a refreshing break at the SAO NICOLAU WATERFALL, inside the forest, we will have lunch at the Almada Negreiros museum-restaurant, with a tasting menu of local specialities. In the afternoon, return to the city for a 'sweet' stop at the island's most famous chocolate maker, Italian Claudio Corallo, for a rich tasting. Transfer to Neves, accommodation at Mucumbli Ecolodge or similar, overnight stay in a double bungalow with services.



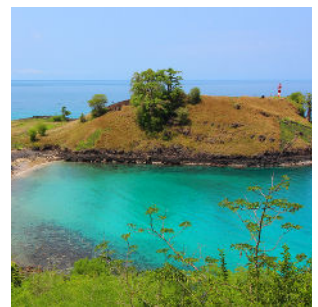
Cocoa production



Bom Sucesso Botanical Garden



Sao Nicolau Waterfall



Lagoa Azul

Day 4: Tuesday 19 August

Neves/Guadalupe/Neves

Breakfast at the hotel and a day dedicated to exploring the north-western part of the island. We will go to the ROCA DIOGO VAZ, where, amidst the cacao plantations, the entire production chain of the country's iconic product will be explained to us. We will head to the fishing village of MORRO PEIXE for a boat excursion where we can spot dolphins, pilot whales and, with a bit of luck, orcas that inhabit these waters. Return to the mainland and lunch in a restaurant where, for those who wish, it will be possible to taste the santolas, giant crabs of this region. Stop at LAKE AZUL ('blue lagoon'), a beautiful inlet with imposing baobab trees and where you can enjoy a refreshing swim and snorkelling. Return to Neves and overnight stay in a hotel



Meeting dolphins

Day 5: Wednesday 20 August

Neves/Praia Inhame

Breakfast at the hotel and visit to ROCA BOA ENTRADA and ROCA AGOSTINHO NETO, where we can see numerous colonial buildings such as the hospital, the manor house and the sanzalas, where workers still live. Lunch in a restaurant and on to SANTANA, where we will make a boat excursion to the volcanic Ilheu Santana, where it is easy to meet artisanal fishermen at work. Returning to the mainland, we set off in a southerly direction towards Porto Alegre, with a stop at the viewpoint to admire the PICO CAO GRANDE, an 800-metre-high basalt monolith and symbol of the country. Arrival at the Eco-hotel Praia Inhame or similar, located on a lovely palm-fringed beach and overnight stay in a double bungalow with services.



Roca Boa Entrada



Village of Agostinho Neto

Day 6: Thursday 21 August

Praia Inhame/Las Rolas/Praia Inhame

Breakfast at the hotel and excursion by boat to ILHEU LAS ROLAS, a handkerchief of land a few dozen metres from the coast, located towards the 'centre of the world', latitude 0 and longitude 0, where the earth divides between the northern and southern hemispheres and the equator marker is located. Walk around the island through coconut palm plantations to admire the wild beaches of the south coast. Seafood lunch on the beach, and afternoon dedicated to relaxing by the sea on the magnificent Praia Café. Return to the mainland and overnight stay in a double bungalow with services.



Pico Cao Grande

Day 7: Friday 22 August

Praia Inhame/Praia Piscina/Praia Inhame

Breakfast at the hotel and morning dedicated to discovering the southern part of the island and the two most famous beaches of Sao Tomé, PRAIA PISCINA and PRAIA JALE'. We will find very different beaches, some with very fine white sand, washed by crystal-clear waters, others with black sand and rocks, with a very special charm. Lunch in a restaurant and afternoon dedicated to swimming relaxation or trekking (about 2 hours) through lush vegetation. Dinner at leisure followed by a night-time sea turtle watching excursion where, with a bit of luck, we will witness the incredible race of newly hatched turtles towards the sea. Overnight stay in a double bungalow with bathroom.



Equator Marker in Las Rolas



Praia Piscina

Day 8: Saturday 23 August

Praia Inhame/Sao Tomé

After breakfast at the hotel, we return to the capital with stops at iconic locations on the east coast: BOCA DO INFIERNO, a peculiar natural phenomenon; PRAIA SETE ONDAS, ideal for surfing; AGUA ITZE, with its fishermen's beach and fascinating roça with panoramic views of the gulf. On arrival lunch in a restaurant. In the afternoon, you can shop for typical products and handicrafts in the capital's shops. Transfer to the airport in time for your return flight. End of services.



Boca do Inferno



Roca Agua Itzé

Day 9: Sunday 24 August

Sao Tomé (TMS)/Return flight

Arrival at the destination airport.



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**Individual participation fee in double room
(min. 3/max. 16 pax)**

1,890 €/pax

**in promotion at € 1,790
for bookings before 16/05/2025**

Supplements:

- Enrollment fee: **free!**
- Single room: **270 €**

The fee includes:

- English speaking tour leader (from 6 pax)
- Local Portuguese/French-speaking driver-guide;
- Visits and excursions as scheduled;
- All transfers by minibus or 4x4 depending on the size of the group, including driver, fuel and tolls;
- Half-board meals as mentioned in the itinerary;
- 7 nights in a double room as mentioned in the itinerary.

The fee does not include:

- The visa for Sao Tomé;
- Trip cancellation/health/covid/baggage insurance;
- Air flights;
- Transfers to/from airport with other companies than TAP Portugal;
- Drinks and mineral water;
- Meals not included in the itinerary;
- Tips and expenses of a personal nature;
- Everything mentioned in 'Supplements';
- Anything not expressly mentioned in "the fee includes".