



São Tomé & Príncipe

📍 239 / POP 195,000

Includes ➔

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Best Places to Eat

- ➔ Bom Bom Resort (p432)
- ➔ Papa Figo (p426)
- ➔ 5 Sentidos (p426)
- ➔ Celvas (p427)
- ➔ Roça São João (p429)

Best Places to Sleep

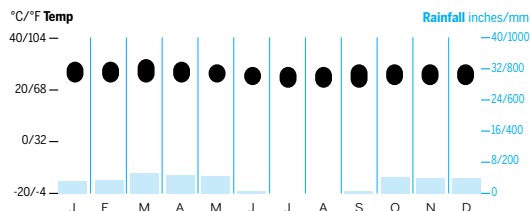
- ➔ Roça Belo Monte (p432)
- ➔ Mucumbli (p427)
- ➔ Makaira Lodge (p432)
- ➔ Sweet Guest House (p424)
- ➔ Praia Inhame Ecolodge (p429)
- ➔ Bom Bom Resort (p432)

Why Go?

Floating in the Gulf of Guinea, this two-island nation, Africa's second-smallest, blends natural wonders with a gripping history. Once a vast network of plantations and a centre of global cocoa production, São Tomé & Príncipe (STP) has suffered an economic collapse 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, birdwatching and a handful of interesting (if expensive) accommodation options, with minimal tourist pressure. While both islands have their natural rewards, Príncipe should not be missed.

When to Go

São Tomé



Jun–Sep Dry season; ideal for climbing Pico de São Tomé or trekking the Volta a Ilha.

Oct–May Rainy season; particularly wet in the southwest.

Year-round Temperatures in the high 20s (°C); areas of cloud, rain and sun can be found any time.

São Tomé & Príncipe Highlights

1 Baía das Agulhas

Agulhas (p431)
Boating past Príncipe's extraordinary volcanic skyline, a spectacular trip back in time.

2 Plantation

history Visiting *roças* (plantations) like Roça Agua Izé (p428) for an eye-opening look at a national calamity.

3 World-class

seafood Eating thick slabs of deep-sea fish at restaurants such as Papa Figo in São Tomé (p426).

4 Pico de São Tomé

(p430)
Climbing the highest peak in the country for an unforgettable jungle adventure.

5 Praia Banana

(p431) Admiring the golden curves, swaying palms and turquoise waters of a paradise beach – all by yourself.

