



**SEE WILD**

TRAVELS Ltd

## **ROÇA SUNDY & SUNDY PRAIA**

ACTIVIITES BROCHURE PRÍNCIPE ISLAND

## PRÍNCIPE GUIDED EXPERIENCES (INCLUDED)

1 x optional guided experience is included in the rates for Sundy Praia and Roça Sundy.

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 Experience – Included	SUNDY PRAIA	ROÇA SUNDY
<b>CACAO ROUTE   WALKING   HALF DAY (3 HOURS)</b> NATURE   HISTORY   AGROFORESTRY   GASTRONOMY	😊	😊
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.		
<i>Includes: Cacao plantation tour; chocolate factory presentation and tasting</i>		





# ROÇA SUNDY & SUNDY PRAIA

## GUIDED ACTIVITIES ON PRÍNCIPE ISLAND

**Guided Experience - Included**

**SUNDY  
PRAIA**

**ROÇA  
SUNDY**

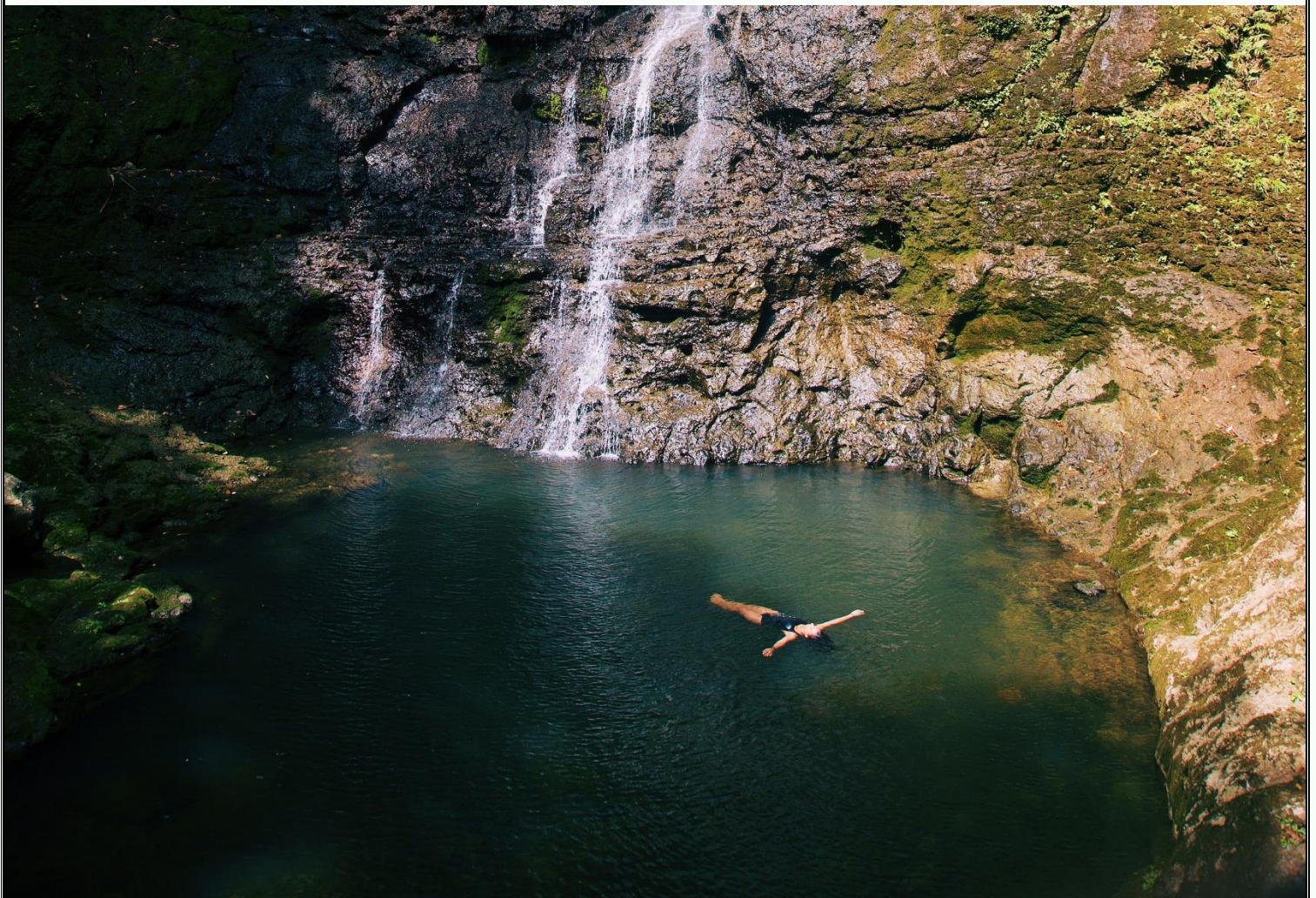
**OQUE PIPI WATERFALL TRAIL | LIGHT HIKING | HALF DAY (4 HOURS)**

NATURE | FOREST | BIRDWATCHING | AGROFORESTRY



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.

*Includes: Transfer to and from the trail; swimming*





# ROÇA SUNDY & SUNDY PRAIA

## GUIDED ACTIVITIES ON PRÍNCIPE ISLAND

**Guided Experience - Included**

**SUNDY  
PRAIA**

**ROÇA  
SUNDY**

**RIBERIA IZE | LOST CITY TRAIL | WALKING | HALF DAY (3 HOURS)**

FORSET | BEACH | HISTORY | BIRD WATCHING



Walk from Sundy 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..

*Includes: Informative walk; swimming*





# ROÇA SUNDY & SUNDY PRAIA

## GUIDED ACTIVITIES ON PRÍNCIPE ISLAND

**Guided Experience - Included**

**SUNDY  
PRAIA**

**ROÇA  
SUNDY**

**RAINFOREST TO BEACH | LIGHT HIKING | HALF DAY (3 HOURS)**

FOREST | BEACH | HISTORY | NATURE



Beginning at Roça Sundy, 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 Praia Sundy.

*Includes: Transport to and from trail; Informative walk; swimming ; canoe ride ; lunch*





# ROÇA SUNDY & SUNDY PRAIA

## GUIDED ACTIVITIES ON PRÍNCIPE ISLAND

**Guided Experience - Included**

**SUNDY  
PRAIA**

**ROÇA  
SUNDY**

**DISCOVER PRÍNCIPE | CAR & WALKING | HALF DAY (4 HOURS)**  
SIGHTSEEING | CULTURE



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

*Includes: Transport and short walks along the route*



# ROÇA SUNDY & SUNDY PRAIA

## GUIDED ACTIVITIES ON PRÍNCIPE ISLAND

**Guided Experience - Included**

**SUNDY  
PRAIA**

**ROÇA  
SUNDY**

**BAY OF NEEDLES | BOAT | HALF DAY (4 HOURS)**

OCEAN | BEACH



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 before ending at the secluded Cascata Maria Correia

*Includes: Boat trip to Baia de Agulhas; swimming and snorkelling*





# ROÇA SUNDY & SUNDY PRAIA

## GUIDED ACTIVITIES ON PRÍNCIPE ISLAND

**Guided Experience - Included**

**SUNDY  
PRAIA**

**ROÇA  
SUNDY**

**NORTHEAST BEACHES | BOAT | FULL DAY (7 HOURS)**

OCEAN | BEACH | CULTURE | COMMUNITY



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.

*Includes: Boat trip to Praia Seabra; fishing village; Praia Boi; swimming & lunch*





## PRÍNCIPE ADDITIONAL GUIDED EXPERIENCES

Experiences available on request with extra cost and are subject to availability:

**SUNDY  
PRAIA**

**ROÇA  
SUNDY**

### INFANTE PLANTATION TRAIL | HIKING | FULL DAY

NATURE | FOREST | HISTORY

[Enquire for details](#)

Walk through stunning landscapes on this 19km hiking trail from Santo António, the capital of Príncipe, to the Roça Infante, stopping at the Roça Ribeira Fria and the old harbour at Praia General Fonseca along the way.

### PARROT PEAK TRAIL | HIKING | FULL DAY

NATURE | FOREST | CONSERVATION

[Enquire for details](#)

Located in the centre of the island, 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.

### TURTLE WATCHING | LIGHT WALKING | EVENING EXPERIENCE

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





## PRÍNCIPE SELF-GUIDED EXPERIENCES

Experiences to enjoy on your own:

**SUNDY  
PRAIA**

**ROÇA  
SUNDY**

**DISCOVER SAN ANTONIO | SIGHTSEEING | 3 HOURS**

SIGHTSEEING | CULTURE | LEISURE



Walk through the picturesque streets of one of the smallest town in the world and discover some of its traditions and local delicacies.

**ROCA SUNDY TO SUNDY PRAIA | WALKING | 20 MINUTES**

LEISURE | NATURE



A wonderful easy walk of roughly 2kms through the forest and the old cocoa plantation down to the beach

**SUNDY PRAIA TO ROCA SUNDY | WALKING | 30 MINUTES**

LEISURE | NATURE



The same as the trail above but more demanding due to the inclination from the beach to up to Roca 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



A short and very pleasant stroll along the coast to one of the most beautiful a secluded beaches on the island of Principe.



# ROÇA SUNDY & SUNDY PRAIA

## GUIDED ACTIVITIES ON PRÍNCIPE ISLAND

### STAND UP PADDLE BOARDING | WATERSPORT

OCEAN | BEACH | LEISURE



Enjoy a view of Principe island's coastline whilst balancing on a stand-up paddle board

### SNORKELLING

OCEAN | BEACH



Come and discover the abundance of marine life that lies beneath the water





*All experiences are subject to availability & are weather dependant*

*Self-guided experiences available at any time*

*Boat experiences recommended for children over 6 years*

*Walking experiences are recommended for children over 12 years*

*Children below 12 years require adult supervision*

*Extra activities can be booked & paid for in advance on onsite*

*Timing of activities can vary and specific wildlife & nature sightings are not guaranteed*

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Thank you for your business & do not hesitate to contact us at any time to  
discuss your trip.

Sincerely

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**GABON | SAO TOME | PRINCIPE | TANZANIA | ZAMBIA**