

Sao Tome Explorer

Trip Code: STE

Version:



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Hike through fishing villages, jungles, massifs, and colonial-era roças.
- Scale Sao Tome's highest peak- 2,024 metres
- Encounter local people during rural hikes and stays in authentic community-based accommodation
- Enjoy numerous opportunities to swim on idyllic beaches.

AT A GLANCE

- Max altitude- 2,024 metres
- Join at Sao Tome

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Sao Tome and Príncipe is one of the world's least-visited countries, yet it offers far more than its small size might suggest. The islands boast a remarkable natural environment, including pristine black and gold sand beaches, rivers, mountain peaks, and misty, ancient rainforests. As you explore the country, you will experience a laid-back, friendly island atmosphere. São Tomé's remote location has helped protect its biodiversity, resulting in many endemic wildlife species. The country is occasionally referred to as the "African Galapagos" due to its rich biodiversity.

We will explore the streets of the relaxed capital, also named São Tomé, with its faded colonial architecture and lively markets. We will also climb Pico de São Tomé, the highest mountain in the country, and have the opportunity to swim at numerous idyllic tropical beaches. The Portuguese colonised São Tomé in the late 15th century, transforming the islands with extensive plantations (known as *roças*) that cultivated coffee and cocoa on a large scale. After independence, many of these *roças* became atmospheric ruins. Combined with the country's rich forests and friendly villages, this has created an interesting and varied landscape, perfect for our walking exploration during this unique holiday.

Is this holiday for you?

This holiday is graded as moderate, with most walking days involving hikes of approximately 4 to 5 hours in duration and moderate amounts of ascent and descent. Due to the equatorial climate, São Tomé experiences significant rainfall, which can make the terrain muddy and slippery in certain areas. Many of the paths used are cobbled or made of stone. The two-day ascent of Pico de São Tomé is more challenging; it involves a 1,000-metre ascent on the first day and a 200-metre ascent followed by a 1,200-metre descent on the second day.

We will stay in a variety of centrally located city hotels, lodges, eco-lodges, a *roça*, and one night of basic camping during this trip. This is an active holiday, combining walking with ample time for sightseeing and exploring the various natural sites and landscapes within this captivating small country.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single-timed group airport transfers
- All accommodation as described
- Meals as detailed in the Meal Plan
- All land transport

What's not Included

- Travel Insurance
- Visas
- Some meals as detailed in the Meal Plan
- Tips for local staff
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

This holiday will begin at the hotel in Sao Tome City.

A single-timed transfer is provided on arrival on day 1 of the land-only itinerary. Anyone can join this transfer by prior arrangement. This transfer will be timed to meet the TAP Portugal flight arrival.

On the final day of the land-only itinerary, a single-timed transfer will be provided in the afternoon, timed to meet the TAP Portugal flight that day.

Meal Plan

All meals are included on this tour, from dinner on day 1 to breakfast on the final day.

Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water. We do not encourage the purchasing of single-use plastic bottles.

São Tomé has a rich culinary heritage influenced by Portuguese, African, and Creole traditions. Travellers can sample local dishes such as *calulu*, a hearty fish stew cooked with greens and palm oil, and *blaff*, a spicy fish broth. Street markets and local eateries offer sweet treats like *banana pão* (breadfruit fritters) and rich São Tomé chocolate, considered among the best in the world. At the *roça* (plantation), you can see how cocoa is cultivated and processed, and enjoy a tasting of fresh cocoa beans or chocolate products.

For drinks, São Tomé offers a mix of tropical flavours. You can sample local fruit juices made from exotic produce like passion fruit, pineapple, and papaya, or enjoy *matabala* beer, made from the island's cassava. Palm wine, known locally as *vinho de palma*, is another popular beverage, often served alongside meals.

Accommodation

In Sao Tome City we stay in a centrally located, standard city hotel. In the countryside, we stay in a mixture of lodges, eco-lodges, and a characterful "roca". On the 2 day ascent of Pico we have one night of basic camping, this is in 2 person tents with limited facilities.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

British passport holders can visit São Tomé and Príncipe for tourism purposes for a period of up to 15 days without a visa.

If you intend to stay longer than 15 days then you will need to meet the entry requirements and apply for an E-Visa. Details can be found here: <http://www.smf.st/evisa/index.php#EN-lang>

Please note: You will be required to pay a 20-euro entry fee when you arrive in the country. You can also pay in US dollars or local currency (not sterling.)

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis are required. There is risk of yellow fever and you must carry a current vaccination certificate. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

The Sao Tomean Dobra is the unit currency of Sao Tome and Príncipe.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 2 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travellaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Sao Tome & Principe (Bradt Travel Guides)- Kathleen Becker

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Hiking boots
- Sandals / Trainers
- Socks & Underwear
- Trekking trousers / shorts
- T-shirts / tops / casual shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket and overtrousers
- Sunhat
- Sunglasses
- Daypack 25-30 litres
- Sun protection (including for lips)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Umbrella
- Trekking poles (recommended)
- Swimwear
- Small swim/trek towel
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

Why Choose KE

Why KE

Discover the untouched beauty of Sao Tome and Príncipe on this unique walking holiday to one of the world's least-visited countries, featuring misty rainforests, pristine beaches, and rich colonial history.

Please Note This document was downloaded on 16/10/2024 and the trip is subject to change