

...São Tomé, um paraíso a explorar!

...São Tomé, a Paradise to be explored!

SÃO TOMÉ BICYCLE TOUR: 15 DAYS OF RIDE

Day 1: Arrival

Reception at the International Airport of Sao Tome and hotel transfer.

*Dinner at Restaurante Papa Figo
Night at Hotel Residencialdes*



Day 2: City Tour and Ride around S. Tomé

City tour of São Tomé visiting its memorable scenery, colourful market and the craft shops and walk in the Ana Chaves Bay visiting historical places and buildings, best examples of the architectural heritage.

A first ride to try the bikes and entry in contact with the road in the surrounding area of S. Tomé city. We ride in the cocoa plantations, trough old Roças (colonial farm).

Slope: (+330/ - 330)

Km: 30

Night at Hotel Residencialdes



Day 3: Ride to West Coast

Ride to the West coast taking a walk on the beautiful beaches and a swim in the ocean.

The tour ends at Monte Forte, an old colonial house that has been refurbished and transformed in a comfortable tourist accommodation.

Slope: (+305/ - 260)

Km: 45

Night at Monte Forte



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Day 4: Ride to Santa Catarina (end of the road)

After breakfast at Monte Forte, ride to Santa Catarina, a fishing community at the very end of the paved road.

Return to Neves, stroll in the village and lunch in a local restaurant.

Night at the Mucumbli Ecolodge.

Slope: (+150/ -150)

Km: 40

Night at Mucumbli



Day 5: Ride and hike to tunnels and waterfall

Bike ride combined with trekking in the primary and secondary forests of the northern zone. Visit to cacao plantations, along the Contador river valley, and discovery of the Angolar waterfall and several tunnels hidden in the woods.

Slope: (+815/ - 815) on bike

Km: bike 30Km + Hike 1h30

Night at Mucumbli



Day 6: Ride from Neves to Morro Peixe

We leave Mucumbli Ecolodge along the coast road, before to reach Guadalupe we turn on the right in the gravel road to cross a long series of village in the cocoa plantations, Praia das Conchas, Plancas and Agua Sampaio. From Santa Luzia we go back to Guadalupe and to Morro Peixe beach where we stay for the night at Tamarino Lodge.

Slope: (+460/ -460)

Km: 35

Night at Tamarino Lodge

Day 7: Ride to Monte Café

From Morro Peixe we ride in the interior of the island to Monte Café. In this ride we will pass several old colonial houses that are locally called Roça, namely Agostinho Neto, Boa Esperança, Novo Destino and finally Monte Café, all of them full of stories to tell.

Night in a traditional house at Monte Café.

Slope: (+880/ -145)

Km: 28

*Night at Brice's House
in Monte Café*



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Day 8: Ride to Bom Sucesso and hike to Lagoa Amélia

Walk in the community of Monte Café, visiting some of its dependencies, like Roça Saudade. Ride in the forest towards São Nicolau waterfall and from there to the Botanical Garden of Bom Sucesso.

From Bom Sucesso start of the hike to Lagoa Amélia, which is inside the "Obô" Natural Park, home to most of São Tomé's biodiversity.



Slope: (+470/ -0) on bike (+420/ -420) hike

Km: bike 10Km + Hike 3h00

Night at Bom Sucesso

Day 9: Ride from Bom Sucesso to Bombaim

Ride in the old colonial ways passing the Roças of Nova Moca, Saudade, Milagrosa and Bombaim, discovering the marks of the colonial times. Rest and lunch at the beautiful Bombaim waterfall.

Slope: (+160/-920)

Km: 30

Night at Bombaim



Day 10 Ride from Bombaim to Roça São João

Ride surrounded by banana, cocoa and pepper plantations passing through other ancient Roças. Visit of Boca de Inferno at Agua Izé, where the waters of the ocean sneak into the cave, formed by the stones of the slopes.

After lunch, ride to Roca São João.

Slope: (+615/ -965)

Km: 50

Night at Roca São João



Day 11: Ride to Jalé Ecolodge

Visit of Angolares town and ride to the South, visiting Praia Pesqueira, with its unique waterfall near the ocean, and the oil palm plantation. Great view of the marvelous Pico Cão Grande. After a quick stop at the beautiful and sandy Praia Grande, visit of the fishing village of Porto Alegre and then ride to the lodge. Accommodation in tents.



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**Slope: (+535/ -635)
Km: 45**

*Night
at Jalé/tents*

Day 12: Daily excursion to Rolas

Boat transfer from Porto Alegre to Rolas Islets, at the centre of the world, exactly on the equator line and in the proximity of the Greenwich meridian.

Slope: No

*Lunch not included
Dinner and night
at Jalé/Nguenbu*



Day 13: Ride Porto Alegre – St. António

After breakfast in Jalé/Nguenbu, ride up of Jalé Ecolodge, turn behind the mangroves to reach again the main road to the North with final destination at Roça St. António.

**Slope: (+1140/ -1080)
Km: 60**

Night at St. António



Day 14: Ride back to São Tomé city and visit to Chocolate Factory

From St. Antonio to Roça Uba Budo, with its nice colonial house, through unpaved roads reach, and to Pinheira, with final destination at the city of São Tomé. In late afternoon, visit of the Chocolate Factory and taste of one of the best chocolate on the world.

**Slope: (+190/ -250)
Km: 35**

*Picnic in Uba Budo
Dinner at Papa Figo
Night at Residencialdes*



D15: Free day and Transfer to Airport

Free day in São Tomé city. In the afternoon devolution of the bikes and transfer to the airport.



15 DAYS - 14 NIGHTS

	Lodgment
D1	Residencialdes BB
D2	Residencialdes BB
D3	Monte Forte BB
D4	Mucumbli BB
D5	Mucumbli BB
D6	Tamarindos
D7	Brice's House BB
D8	Bom Sucesso
D9	Bombaim BB
D10	Roça São João BB
D11	Jalé (camping) BB
D12	Jalé (camping) BB
D13	S. António BB
D14	Residencialdes BB
	Lodgement guide

Services included in the price						
DAY	Breakfast	Dinner	Guide	Luggage Transfer	Transfer	Rent bike
D1		X			X	
D2	X		X			X
D3	X			X		X
D4	X			X		X
D5	X		X			X
D6	X		X	X		X
D7	X		X	X		X
D8	X		X	X		X
D9	X		X	X		X
D10	X		X	X		X
D11	X			X		X
D12	X				X (Boat)	X
D13	X			X		X
D14	X		X	X		X
D15	X				X	X