



- REPUBLIC OF SÃO TOMÉ & PRÍNCIPE -

# INTRODUCTION

Roça Belo Monte is positioned on the beautiful island of Príncipe, which evokes feelings of the "Lost World" of Jurassic Park.

The volcanic formed island is rich in endemic biodiversity and is approximately 31 Million years old. The human population only arrived at the island in the 1400's, just over 500 years ago, enriching it with a Cape Verde and Portuguese influence.

There are various ways of exploring the island, either by foot, vehicle, boat or even helicopter, but for those who wish just to relax at the beautiful sandy beaches, that is also possible. The iconic Praia Banana right at Belo Monte's doorstep, allows you to spend the day reading a book, enjoying the balmy days and looking out at the ocean in front of you.

# You are very welcome at Hotel Roça Belo Monte for a guided tour where you can visit the museum, the cacao dryer, the orchidarium, have a stroll in the nearby village, or attend a presentation about the conservation projects in our cinema. Enjoy lunch, a cocktail or dinner at the roça, or at Praia Banana – for bookings please contact belomonte@africas-eden.com



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# **TERRESTRIAL**

A large amount of the island is covered by primary forest in the south, with equal mountainous and hilly landscapes. This has a rich diversity of smaller creatures and birdlife, a lot of which is endemic to the island.

## WATERFALL AND ROÇA EXCURSIONS

**Oquê Pipi and Claudio Corallo** € 60.00 pp

5 km, 3 hours. Moderate (distance, duration, difficulty)

**Monte Alegre and Roça Sundy** € 60.00 pp

4 km, 3 hours. Easy to Moderate

#### HIKING EXCURSIONS

**Vehicle and Hiking** € 60.00 pp

*'Ribeira Ize'* 3 hours 4.13 km. Medium 'Santa Joaquina' 4 hours 8.69 km Easy 'Pico Papagaio' 5 hours 10.3 km Difficult

**Hikes from Roça Belo Monte** € 35.00 pp

### VEHICLE EXCURSIONS

Cultural vehicle trips  $\bigcirc$  60.00 pp São Lorenço Celebration mid August  $\bigcirc$  60.00 pp

# MARINE EXCURSIONS

The ocean has beautiful creatures and fish of colour, seen as they swim over basaltic rock outcrops and hard coral beds. There are also opportunities during certain times of year to see the Humpback whales and turtles coming ashore to nest, with the hatchlings emerging and rushing to the sea.

Guided Snorkel trip	€ 30.00 pp
Guided Kayak trip	€ 30.00 pp

#### SCUBA DIVING

Praia Banana – Shore or Night Dive	€ 60.00 pp
Easy, 0 - 10m (difficulty, depth range)	
Pedra de Adalio – Boat Reef Dive	€80.00 pp
Easy, 8 - 16m	
Ilheu de Mosteiros – Boat Drift Dive	€ 80.00 pp
Medium, 0 - 12m	
Pedra de Galé – Boat Deep Dive	€ 100.00 pp
Difficult, 0 - 40m	







### **Double Dive**

€ 140.00 pp

# Whale Watching

€ on request

From August to October the humpback whales are seen, and often heard singing from the various lookout points on the island.

#### **Turtles**

€ 45.00 pp

Three different species of turtle come ashore from October to December to lay their eggs.

# **Helicopter excursions**

 $\mathcal{E}$  on request

Different possibilities for conservation tours with a helicopter including a scientific presentation to showcase the island and the conservation projects that Roça Belo Monte supports.

# **Conservation presentations**

Join us in our auditorium for scientific presentations about the conservation projects we support.





