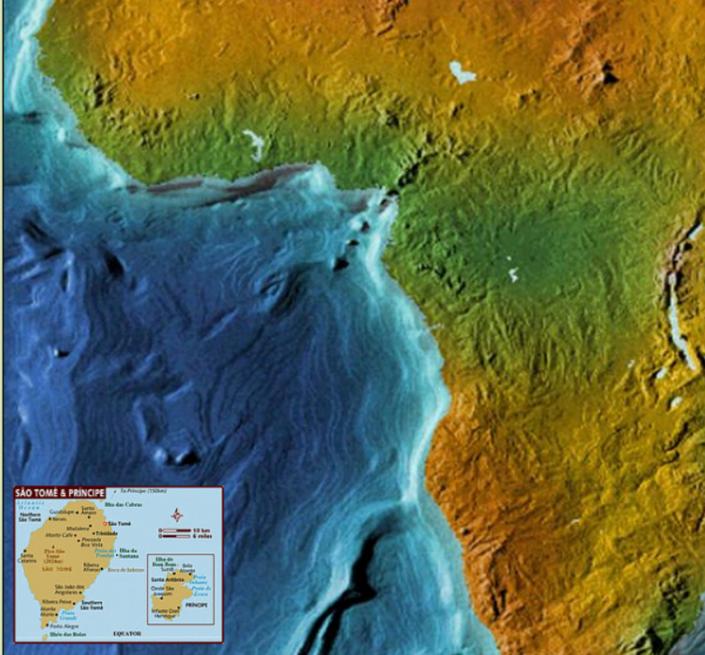




# São Tomé and Príncipe – 1st (EEZ) Licensing Round

## Democratic Republic of São Tomé and Príncipe



**Location:** In the Gulf of Guinea, off the west-central coast of Africa, 250 km (150 mi.) from Gabon  
**Capital:** São Tomé  
**Land area:** approximately 1001 Km<sup>2</sup>  
**Maritime area:** approximately 132,000 Km<sup>2</sup>  
**Distance from Continent:** 300 Km  
**Population:** 160,000 (estimate 2007)  
**Climate:** Tropical. Average temperature 26° C (78° F) on the coast; lower in the highland. Dry season June to August. Short periods of tropical rains during the rest of the year.  
**Official Language:** Portuguese  
**Government:** Semi-presidential Representative Democracy  
**Natural Resources:** Cocoa, coconuts, bananas, coffee, palm oil, fishes, Petroleum (not yet exploited)  
**Export:** cocoa, coffee, coconut, pepper  
**Currency:** Dobras (STD)



### Beaches

The beaches in São Tomé and Príncipe are far from crowded. The coast has a lot of beaches, with almost no people. You might see a fisherman going out to sea, but that is about it. If you like to have a beach for yourself, this is the right place for you.



### Cascata São Nicolau

A couple of miles up in the mountains you will find Cascata São Nicolau, Saint Nikolaus waterfall. It's a beautiful waterfall that seems to come right out of a wall of jungle.



### Boca de inferno

A couple of miles south of São Tomé you will find Boca de Inferno, Hells Mouth. It is a natural phenomenon caused when the waves find their way into a narrow ravine that ends in a cave with a hole in the roof. The water is then forced up through the hole and creates a cascade of water that shoots up into the air. It is a very dramatic scene when the big waves hit the black cliffs.



### Scuba Diving

Experience the fantastic underwater world around the coasts. The warm and clear waters are filled with fish and other interesting creatures like muraenas, octopuses, and green sea turtles.



### Whale watching

Through the months of July to October Humpback whales visit the waters around São Tomé as they move from their summer feeding grounds in low latitudes to more tropical mating and calving areas.



### Praia Jalé and sea turtles

On the south edge of the São Tomé island you will find Praia Jalé. It's a beach where giant sea turtles climb up in the morning hours to lay their eggs in the sand. It is possible to stay the night on the beach in small huts without electricity. The beach is guarded, and if the turtles come in the morning you can ask the guards to wake you up to experience the extraordinary procedure.



### Plantation Houses

Take a couple of days to see the different plantation houses that were used during the colonial past. Many of them are now run as small hotels and cafés where you can spend the night and relax on the big verandas. Here are some plantations to see:  
 Roca de Monteforte  
 Roca de Bombaim  
 Roca de São João  
 Monté Café  
 Ponta do sol (on Príncipe)



### Boat Trips

Take a day to explore the beautiful coastline by boat. Both sailing boats and speed boats are available. Along the way you may see dolphins playing around the boat and even whales.



### Ilha das Rolas

This small beautiful island is situated south of the São Tomé island. On the island you will find very beautiful beaches and a monument physically pointing out the equator that is crossing the island.



### Fishing

The waters around São Tomé and Príncipe are filled with fish of different kinds. Here you can get your chance to catch a 1000 pound marlin or a really aggressive sailfish.



### Pico de São Tomé

Climb from sea level up to 2024m through the exotic jungle. From the top of the old volcano you will get a fantastic view.



### São Sebastião Museum

This old fortress located in the harbor of São Tomé is now used as a museum and hosts a religious art collection and artifacts from the colonial times. One of the strangest things is the remains of one of the cacao kings stored in a box under his painting. From the roof of the museum you have a good view over the ocean and the light house is still in use today.



### Bird Watching

São Tomé is not only a pleasant place for tourists, but also for a lot of birds. Specialists have sighted over 135 species in 40 families on the islands. Most variety of birds will be found in the southern part of the São Toméan island, but also on the island of Príncipe where parrots still live free in the jungle.



For more information please visit [www.saotome.st](http://www.saotome.st)