

SWIM CAMP

# SÃO TOMÉ

AND PRÍNCIPE

**SWIM**  
TOGETHER®

UNFORGETTABLE SWIMS





## TRIP DESCRIPTION

São Tomé and Príncipe is a true hidden gem in the Gulf of Guinea, where lush nature and untouched beauty come together in perfect harmony, revealing stories of a vibrant past. Known as the land of "leve-leve", it's home to basalt peaks that leave no visitor indifferent, some of the most biodiverse tropical rainforests on the planet, golden sand beaches, and lively communities deeply connected to nature. With coordinates at 1°N, 7°E, São Tomé and Príncipe is as close to the center of the world as you can get.

Picture yourself swimming in crystal-clear waters, almost 30°C (86°F), for 8 unforgettable days, where time seems to slow down. We'll explore paradise-like spots such as Praia Banana and Praia Boi, hike to the famous Marco do Equador, marvel at the striking view of Pico do Cão Grande, and swim in the pristine Baía das Agulhas—just a few of the highlights of this extraordinary journey.

Our adventure doesn't end with the water! We'll immerse ourselves in the vibrant culture, explore local markets filled with exotic aromas and taste fresh tropical fruits that seem to have been picked straight from paradise. As the day winds down, let yourself be swept away by the sounds of traditional African music, filling the air with a unique energy.

The experience will be even more magical as we witness the release of sea turtles, an incredible opportunity to see nature in action and contribute to the preservation of these majestic creatures.

We couldn't end our adventure without a great challenge. We'll finish with the iconic Equator crossing! So... what are you waiting for? Pack your bags and dive into this once-in-a-lifetime experience!







## ITINERARY

### DAY 1 | WELCOME TO SÃO TOMÉ AND PRÍNCIPE

We'll meet at Lisbon International Airport Humberto Delgado (LIS), where one of your swim guides will be waiting by the boarding gate. When we arrive to the destination, a transfer will take us to Omali, an HBD group hotel, in the city center.

The welcome dinner will be served at the hotel, where we'll outline the itinerary for the week. Upon arrival, guests will be greeted with a traditional dance performance, setting the tone for an immersive and culturally rich experience throughout the trip.







## DAY 2 | HEADING SOUTH: DISCOVERING INHAME BEACH

On the second day, we set off on an exciting journey south, where adventure and natural beauty await! Our route will take us through picturesque views, with stops at fascinating landmarks like Boca do Inferno and the iconic Pico Cão Grande, a towering volcanic spire that defines the São Tomé skyline and leaves you in awe of its majestic presence.

As the day unfolds, we will make our way to the Praia Inhame. Upon arrival, we'll check in and settle into our surroundings before heading out for our acclimatization swim. The golden hues of the evening sky reflecting on the ocean create a magical backdrop, making this a perfect way to relax and witness a truly special moment — the release of baby turtles into the sea, a gentle reminder of nature's wonder and resilience.







### DAY 3 | VISIT TO ILHÉU DAS ROLAS

Waking to the gentle sounds of the ocean, we'll start the day with a peaceful swim along the island's southwestern shores, where beaches are fringed with palm trees and dense forest.

After our swim, we'll enjoy a leisurely lunch, savoring the rich flavors of local cuisine as we take in the mesmerizing ocean views. Later, we'll set sail to Ilhéu das Rolas to visit the iconic "Marco do Equador," where you can stand on both sides of the equator for a truly unforgettable experience. It is from here that we will do the briefing for the tomorrow's iconic crossing.



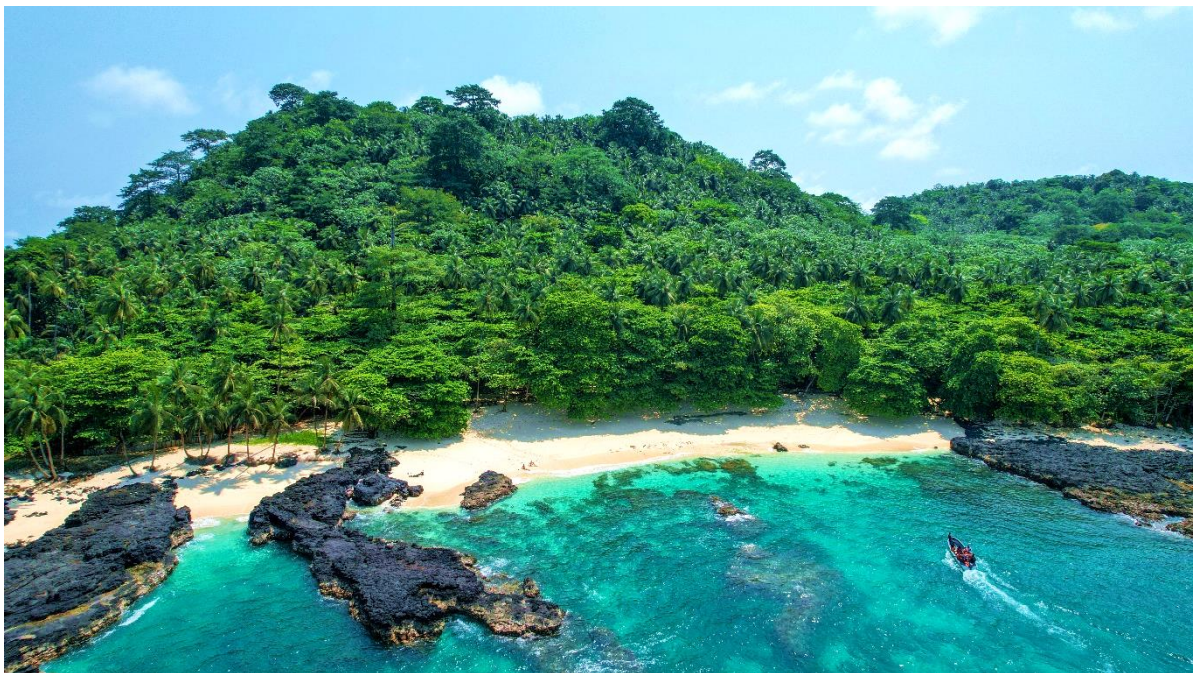




#### **DAY 4 | CROSSING TWO HEMISPHERES ALONG THE EQUATOR**

As we enter the fourth day of our adventure, we're set for an exciting swim across the equator, an iconic crossing linking the enchanting Ilhéu das Rolas to the beautiful Praia Inhamé! This isn't just a swim! It's a celebration of achievement, a moment to conquer something extraordinary as you cross between the Earth's two hemispheres! Embrace the thrill and the spirit of true adventure!

The afternoon is yours to unwind and soak in the beauty of this tropical paradise!







## DAY 5 | TASTING THE ESSENCE OF LOCAL CULTURE

On the fifth day, we set off on an exciting journey back to the north, with a stop at Cascata da Praia Pesqueira, a serene waterfall nestled between lush vegetation and volcanic rock formations. Upon arrival, we'll enjoy a memorable lunch with our feet in the sand, where gastronomy meets culture, offering an authentic culinary experience brimming with rich flavors.

In the afternoon, our adventure will bring us to the historic Roça do Monte Café, where we step back in time to explore the coffee museum. Discover the rich history of this cherished bean that helped shape the region, and enjoy a delightful coffee tasting that highlights its distinct flavors. Next, we'll head to the city for a relaxed shopping break, making a stop at the Diogo Vaz chocolate shop, known for its artisanal bean-to-bar process and the intense, complex chocolates that celebrate the island's cacao heritage.



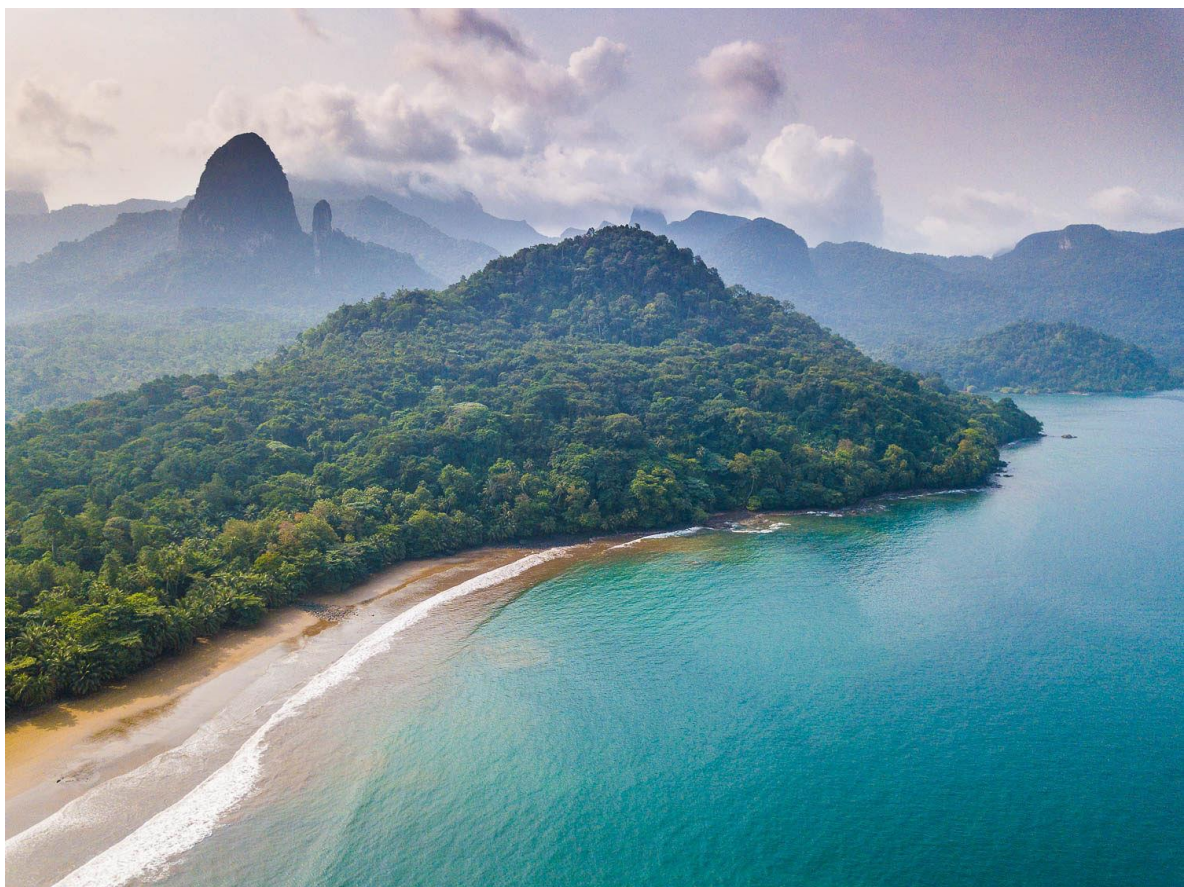




## DAY 6 | AN OASIS IN THE ATLANTIC

After breakfast, our journey begins with a short connecting flight to the stunning Ilha do Príncipe. Upon arrival, a transfer will take us to Roça Sundry, a beautifully restored plantation steeped in Príncipe's colonial history. It was here, in 1919, that Sir Arthur Eddington confirmed Einstein's Theory of Relativity during a solar eclipse!

While the luggage is being taken to the hotel Roça Sundry, the group will be transported to Praia Bombom, where you can relax and enjoy the serene surroundings with a lunch with a wonderful sea view. As the evening approaches, we'll head out for another swim around the islet that gives the location its name, offering a perfect end to the day.



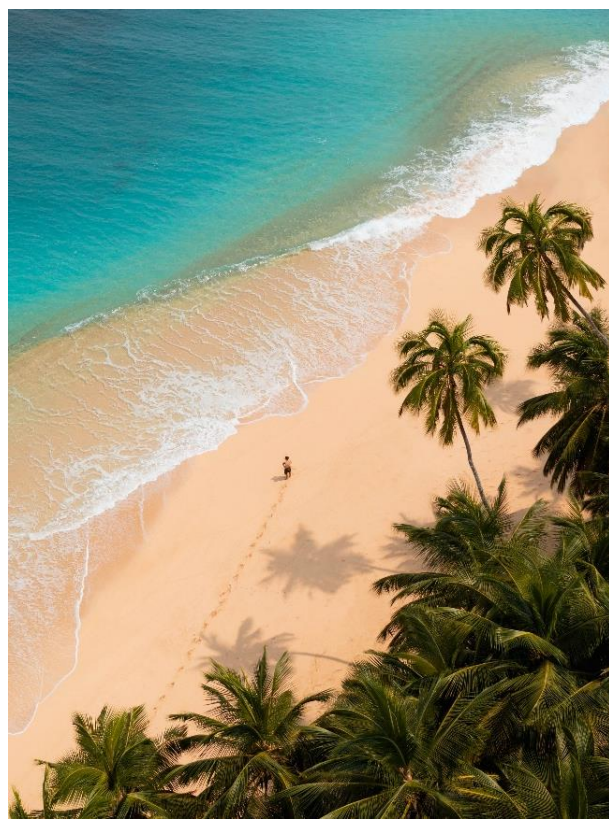
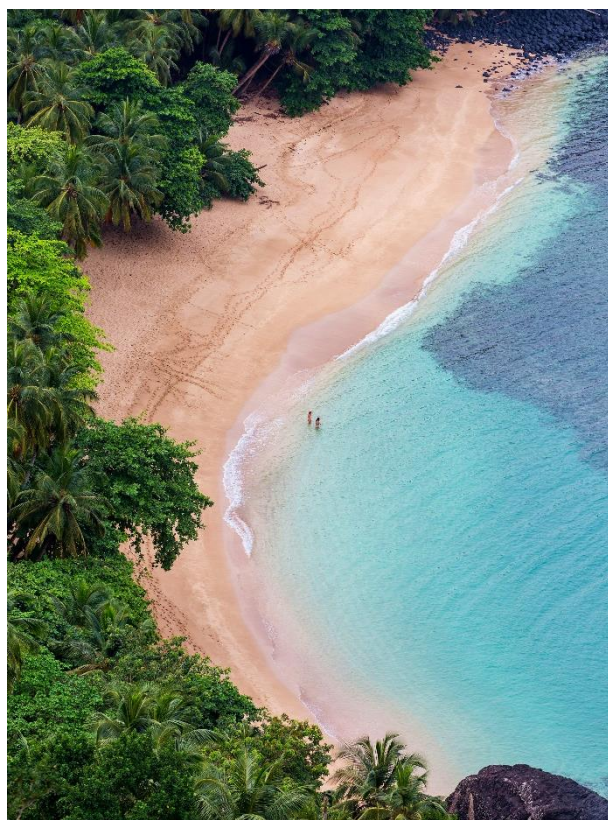




## DAY 7 | AN UNFORGETTABLE DAY ON PRÍNCIPE ISLAND

In the morning, we'll set off by boat from the hotel for an amazing swim in the pristine waters of Baía das Agulhas. After our swim, we'll return to Praia Bombom for a peaceful lunch with a sea view, where we'll spend the afternoon unwinding.

As the day draws to a close, we'll gather for a relaxed gathering at the O Que Daniel viewpoint, where we can enjoy local food and drinks while watching the sunset. From here, we'll have a beautiful view of the morning swim route and reflect on the day's experiences.



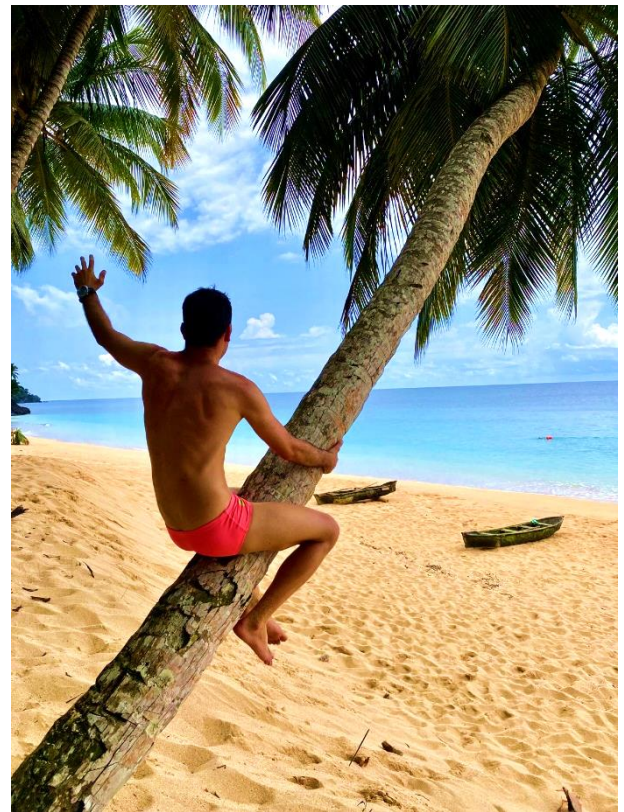




## DAY 8 | EXPLORING THE NORTHEAST COAST OF PRINCE ISLAND

A breathtaking morning of swimming along the idyllic waters between Praia Boi and Praia Banana. These beaches, renowned for their turquoise waters and stunning landscapes, provide an unparalleled setting for our last open water swim. You'll experience the tranquility and beauty of these tropical havens, making it a swim to remember.

After our invigorating swim, we'll savor a delicious lunch before checking out. Our adventure continues with a short flight back to São Tomé, lasting just 40 minutes. After arrival at the airport, we'll await our return flight to Lisbon, carrying with us cherished memories from an unforgettable week.







## WHAT IS INCLUDED?

- **Safety:**
  - Accompanied by experienced swim guides
  - Open water sessions are accompanied by boat and kayak
- **Food:**
  - Breakfasts
  - Lunches and dinners<sup>1</sup>
  - Water, fruit juice, fruits and snacks during the swims
- **Accommodation<sup>2</sup>:**
  - 2 nights at Roça Sundy; 2 nights at Omali Lodge; 3 nights at Praia Inhame Eco Lodge
  - Double or triple rooms for all customers<sup>3</sup>. Upgrade to single (extra cost)<sup>4</sup>
- **Transfers:**
  - During all trip in a jeep or minibus
- **Others:**
  - Photos
  - Tourist Tax

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<sup>1</sup> Drinks not included. **NOTE:** Vegetarian option included.

<sup>2</sup> The accommodation is subject to availability and may change to a similar alternative.

<sup>3</sup> We will stay in double rooms. If you are traveling alone, you will share the room with another traveler of the same gender (it is possible that in some situations, you may have to stay in a triple room or share a double bed). If you are traveling as a couple or with a friend, you will have your own private room.

<sup>4</sup> Subject to availability







# WHAT IS NOT INCLUDED?

- Equipment
- Flights
- Personal extras, gratuities for local guides
- Anything not mention in the up section
- Drinks not included during meals
- Personal travel insurance
- Tourist Tax at accommodation
- Extra Activities

# EQUIPMENT CHECKLIST

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Waterproof Backpack
<input type="checkbox"/>	Mosquito Repellent	<input type="checkbox"/>	Sweater / Fleece
<input type="checkbox"/>	Swim Buoy	<input type="checkbox"/>	Waterproof Jacket
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Walking Shoes / Sandals
<input type="checkbox"/>	High Factor, Water Resistant Sun Cream	<input type="checkbox"/>	Waterproof Camera

\* Try to bring one clear lens and one tinted lens for different light conditions.

**Extra:** If you need some equipment to carry out the Swim Camp you can rent at the meeting point. For this, we need your request until 72 hours before the start of the swim camp.







## ACCOMMODATION

### Omali (Ilha de São Tomé)

A characterful hotel where convivial hospitality meets coastal R&R, close to São Tomé City. Close to the airport, it's a stay that works for holidaymakers bound for Príncipe, just a short flight away.







### **Roça Sundy (Ilha do Príncipe)**

Roça Sundy is a beautifully restored historic plantation on Príncipe Island, combining rich heritage with modern comforts. Nestled in vibrant nature, this charming lodge offers elegant accommodations, making it a perfect base for exploring the island's stunning beauty.







### **Praia Inhame Eco Lodge (São Tomé and Príncipe)**

Praia Inhame Eco Lodge is an eco-friendly retreat on the pristine shores of Praia Inhame. With cozy accommodations and breathtaking beach views, it emphasizes sustainability while providing fresh local cuisine and easy access to the island's natural attractions.







## SWIMMING DISTANCE

This swimming holiday takes place in São Tomé and Príncipe Island and is approximately 15km (average of 3.5km / day). Please note that the below daily itineraries are an example of the swims that may take place during the course of your trip, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTogether guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

## SEA CONDITIONS

Swimming in the sea is a unique experience, however, you should be aware of marine life such as jellyfish, sea urchins and seaweed. In addition, the sea and weather conditions may make the swimming more challenging.

## WATER TEMPERATURE

The average temperature during this time of the year is between 28°C and 29°C (82°F and 84°F), reason why the use of wetsuit is not permitted.







## WHO CAN PARTICIPATE?

The experience of outdoor swimming can be challenging, but extremely out of the ordinary. Having a natural self confidence to swim in open waters is an asset. The minimum required swimming speed that you can achieve is 30min/km, and the minimum required swim distance you can do nonstop is 2km. This swim camp can be accompanied by adult family members or friends who travel with you and are not participating in the swimming.

## GROUP SIZE

This swimming holiday has a maximum of 10 participants. According to the speed of the swimmers we can make 2 groups. Each group is escorted by a safety team.

## SAFETY

The whole Swim Camp will be accompanied by 2 experienced guides who will stay with you in the water and at your hotel. Whenever you need you can ask them for information and assistance. All open water swimming sessions, with the exception of acclimatization swimming, will be accompanied by a boat. During the open water swims you can get out of the water or ask for something to eat or drink.







## MEETING POINT

**Location:** Lisbon International Airport Humberto Delgado (LIS), boarding gate

- **Meeting Time:** 06.30am on Day 1

**Location:** São Tomé International Airport (TMS)

- **Drop Off Time:** 05.00pm on Day 8

Your SwimTogether guides, dressed in a fluorescent orange t-shirt, will be waiting for you at the airport gate, next to the location indicated in the image below. Before they head to the airport, they will contact you via Whatsapp (in the group created with all participants) to make sure you are at the airport at the meeting point.

