

An aerial photograph of a tropical beach. The top half of the image shows a dense line of green palm trees on a sandy shore. Their shadows are cast onto the light-colored sand. Below the beach is a wide expanse of turquoise water with a white, foamy wave line separating the sand from the deeper water. Two small figures are visible swimming in the water.

Discover São Tomé and Príncipe with Epic

An adventure at the centre of the world

The Islands

Two volcanic islands sit alone in the equatorial Atlantic, far from the usual routes. For centuries they grew the world's cocoa; now the rainforest is quietly taking it back. Empty beaches, dense green interiors, and a stillness that is hard to put into words.

São Tomé

The larger and more populous of the two main islands that make up the country of São Tomé and Príncipe. Home to the capital city, also called São Tomé, and serves as the country's economic, political, and cultural center. The island is known for its lush tropical rainforests, volcanic mountains, black-sand beaches, and rich biodiversity.



Príncipe

Príncipe is celebrated for its unspoiled natural beauty and peaceful atmosphere. Much of the island is protected within the Príncipe Biosphere Reserve, which preserves its dense forests, rare plant and animal species, and pristine coastal ecosystems. With a small population and limited development, Príncipe offers visitors opportunities for hiking, birdwatching, and exploring secluded beaches.





Preserved Nature

A UNESCO Biosphere Reserve,
barely touched by time.







Exploration

A cocoa estate of 400 hectares of volcanic soil, where the world's finest chocolate still begins by hand.





Unique Locations

An islet where the equator passes overhead and the day splits in two. Expect a slow-paced life by the beach and small towns to explore. A country barely touched by traditional tourism. Few people come here. Fewer still leave unchanged.











Comfort

Our trusted network of on-site partners is committed to providing a comfortable experience throughout your stay, ensuring every detail is taken care of with exceptional service and attention.













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