

# Cocoa and Coffee Tour



Towards the second biggest city of São Tomé - Trindade

**Roça Monte café** - Observation of the coffee production stages. This is one of the oldest Roças in the country and also the major coffee producer of São Tomé e Príncipe, located at 670 meters of altitude, with good lands to produce Arabic Coffee.

**S. Nicolau** Waterfall- One of the most popular waterfalls.

**Botanic Garden of Bom Sucesso**- Located in a stunning place, at the entry of the Ôbo National Park, in Roça do Bom Sucesso. This garden was created to preserve and species in danger of extinction, for scientific investigation, for touristic and to educational purposes, teaching specially the younger people about biology and botanics. It has many different plant species and a collection of orchids collected in the forests of St. Thomas which became a tourist attraction.

**Roça Água Izé** - It was the first Plantations ("Roças") receiving cocoa seeds in São Tomé. Once was the biggest "Roça" of the country. Today there are only warehouses, slave houses, houses of the settlers, fields, administration facilities, hospital, dryers and factories, remaining from the old times. Located close to the seaside is today home to about 4 thousand persons.

**Boca de inferno** - It is a natural phenomenon that occurs when the waves go through a narrow ravine that ends in a cave open on the top. This way the water is forced to get out through the aperture creating a jet of water that rises in the air.

**Lunch in the City of São Tomé**





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SÃO TOMÉ E PRÍNCIPE

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