

IN & OUT



PESTANA
MIRAMAR SÃO TOMÉ
CITY HOTEL
SÃO TOMÉ E PRÍNCIPE





IN

Come and spend a few days at Pestana Miramar São Tomé in São Tomé and Príncipe.


Located right in front of the Ana Chaves Bay, with direct access to the beautiful marginal 12 de Julho. In the capital of the country, the Pestana Miramar, is the ideal hotel for your business trips or for an unforgettable vacation.

But before you are surrendered to the charms of the terrace and the tropical heat, come in and indulge yourself with the elegant charm emanating from the dark woods and the antique reception with your traditional key ring. In a large, cool lobby, polished brick and glazed windows insinuate the warmth of the outside, but do not let it in. Large, comfortable leather sofas provide a haven for those looking for the excellent internet access that this hotel offers.



The rooms have direct access to the gardens with balconies overlooking the pool or sea and have wi-fi internet.

IN



Get to know the famous pool
with waterfalls, surrounded by
an exotic garden that gives you
unique moments of relaxation.

IN



LE BARON RESTAURANT

With a very original letter, which reads like a newspaper, offers, in addition to suggestions of entrances, dishes, pizzas and pastas, a map with suggestions of activities and some useful explanations. Here you also have breakfast every day, between 7am and 10am, with everything you need to start the day with energy.

In the excellent Le Baron, so named in honor of the German baron who inscribed his arms and built the hotel, can taste typical local cuisine but also international pizzas and salads that appeal to all palates.

LE BARON RESTAURANT

SPECIALTIES

For lunch and dinner, you will find international salads, pizzas in a wood oven and delicious local proposals such as fish calulu, sea fried or sauce on the fire. Obviously you can also order a bitoque with egg and fries, as well as Portuguese. After all it's in a Portuguese hotel. Finish your meal with a delicious chocolate mousse or a fresh coconut panacota and go have coffee on the terrace, to enjoy the sweet bump of the tropical heat.

SPECIAL DAYS

Fridays, Saturdays and Sundays: Dinner Buffet & Barbecue, with live music, on the terrace of the Hotel Bar.

Restaurant capacity: 60

The dishes are subject to change without prior notice.






FACILITIES

Pool
Gardens with Tropical Trees
1 Restaurant
1 Bar
43 Rooms
Parking
Free Wi-Fi
Safe
Satellite TV
Craft kiosk
Reception 24h
Conference Rooms
Disco

Avenida Marginal 12 de Julho, 69
Água Grande, São Tomé
São Tomé e Príncipe
Tel: +239 222 277 8
e-mail: guest@pestana.com |
reservas.stome@pestana.com

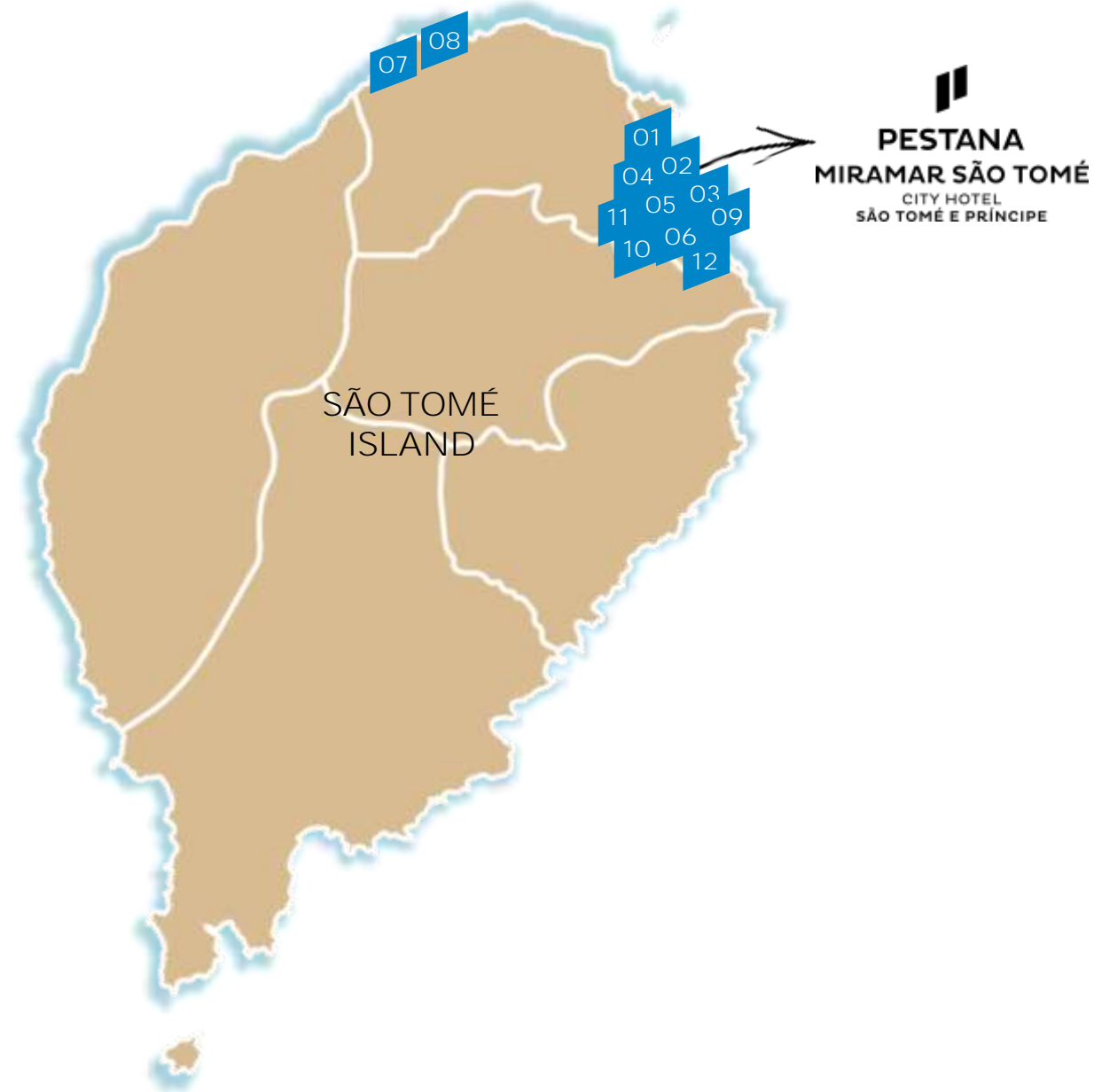
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OUT

São Tomé and Príncipe, is a tropical paradise where the rain is hot and the days start early. It is an increasingly attractive destination for those who want to invest in future businesses. Situated right next to the Equator, it is crossed by a quiet, hospitable and benevolent spirit. Successful in pursuing postcolonial identity, it maintains and preserves its historical heritage with complete security.

Whoever arrives at the international airport immediately glimpses countless banana trees and breadfruit trees in a lush green that slowly turns into the clearest blue of the unpolluted waters of the Atlantic surrounding the island. Its rugged cut, with its volcanic black rocks, brings to mind all the films and series spent on paradisiacal islands. Even if you come to work, it is impossible not to be infected by the hot wind that sticks to your skin as you land in São Tomé.



ACTIVITIES

- 01 BOAT TRIPS TO THE ILHÉU DAS CABRAS OR ILHÉU SANTANA
- 02 BOAT OR CAR RIDE ON THE ISLAND OF SÃO TOMÉ
- 03 PEDESTRIAN TOURS
- 04 CANOE RIDES
- 05 WHALE AND DOLPHIN WATCHING
- 06 BIRD WATCHING

BEACHES

- 07 BLUE LAGOON
- 08 CONCHAS BEACH

NAUTICAL SPORTS

- 09 DIVING AND FISHING CENTER
- 10 SNORKELLING
- 11 SURF
- 12 CANOEING

TO DO

In São Tomé **isn't** just rest, if you want to venture, you can always make some lessons in the Diving and sport fishing Center or you can make snorkeling or surfing.

The beaches are fantastic and truly paradisiacal, but due to the strength of the currents and the presence of wild fauna, the ideal is to find out which ones are suitable and safe for bathing.

If you want to choose another kind of experience, you can make excursions or boat trips to the Ilhéu das Cabras Islet or Santana. You can always opt for the simple things, and make a quiet walking, cycling or just enjoy the beach.

In Sao Tome, you have some places where you can see birds, and between July and September you can see whales and dolphins.

At night, if you want to have more fun, you can visit the casino and enjoy the hotel's nightclub.

OUT



TO DO

ACTIVITIES

BOAT TRIPS TO THE ILHÉU DAS
CABRAS OR ILHÉU SANTANA

BOAT OR CAR RIDE ON THE ISLAND
OF SÃO TOMÉ

PEDESTRIAN TOURS

CANOE RIDES

WHALE AND DOLPHIN WATCHING
(between July and September)

BIRD WATCHING

BEACHES

BLUE LAGOON

CONCHAS BEACH

NAUTICAL SPORTS

DIVING AND FISHING CENTER

SNORKELLING

SURF

CANOEING

OUT




PESTANA
MIRAMAR SÃO TOMÉ
CITY HOTEL
SÃO TOMÉ E PRÍNCIPE

- 01** CITY MUNICIPAL MARKETS
- 02** SÃO SEBASTIÃO FORT / SÃO TOMÉ AND PRÍNCIPE NATIONAL MUSEUM
- 03** CLAUDIO CORALLO HOUSE – STORE / CHOCOLAT MUSEUM
- 04** INDEPENDENCE SQUARE

- 05** PALÁCIO DO POVO
- 06** COCOA HOUSE
- 07** PORTUGUESE CULTURAL CENTER
- 08** MARGINAL 12 DE JULHO
- 09** CASINO DE SÃO TOMÉ

TO SEE

Farmstead, waterfalls, parks, cocoa and coffee museums, beaches and islets are within your reach, both north and south.

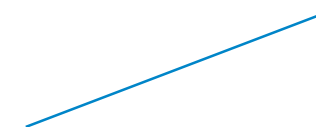
In the center of the island you find magnificent waterfalls with ponds where you can swim without problems. You will also find the Monte Café, after the town of Trindade, where you can visit cocoa and coffee crops.

And you still have the unique opportunity to meet the famous chef João Carlos Silva, from the emblematic "Na Roça com os Tachos" and try some of the local specialties that he presents.

OUT



TO SEE



CITY MUNICIPAL MARKETS

SÃO SEBASTIÃO FORT / SÃO TOMÉ AND
PRÍNCIPE NATIONAL MUSEUM

CLAUDIO CORALLO HOUSE – STORE /
CHOCOLAT MUSEUM

INDEPENDENCE SQUARE

PALÁCIO DO POVO

COCOA HOUSE

PORTUGUESE CULTURAL CENTER

MARGINAL 12 DE JULHO

SÃO TOMÉ CASINO



OUT



- 01 ROÇA AGOSTINHO NETO
- 02 FERNÃO DIAS PORT
- 03 BLUE LAGOON
- 04 CONCHAS BEACH

- 05 MUCUMBLI
- 06 ROÇA DIOGO VAZ
- 07 MONUMENT OF THE DISCOVERIES
- 08 SANTA CATARINA TUNNEL

TO SEE SÃO TOMÉ - NORTE

The Pestana Mirama is located just in front of the beach, very close to the city center and has direct access to the marginal 12 de Julho, which runs along the entire coast of the capital and goes in the direction of the north of the island of São Tomé.

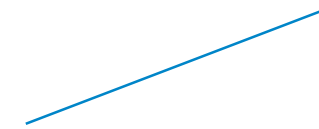
The north, quite different from the south of the island, is characterized by the visible evidence of the volcanic formation of this archipelago, its coast is marked by the black stones of volcanic origin, nicknamed by the population as the stone of the chilli because they are commonly used to crush this fruit.

The North of São Tomé is also the site of Roça Agostinho Neto, once considered the "Jewel of the Crown" of the Portuguese Colonial Empire for being the largest and most productive, with 3000 workers, and also here is the most advanced rail system of the whole archipelago, establishing the connection between its dependencies and the port, located in Fernão Dias.

OUT



TO SEE SÃO TOMÉ - NORTE



ROÇA AGOSTINHO NETO

FERNÃO DIAS PORT

BLUE LAGOON

CONCHAS BEACH

MUCUMBLI

ROÇA DIOGO VAZ

MONUMENT OF THE DISCOVERIES

SANTA CATARINA TUNNEL



OUT



RESTAURANTS NEAR THE
HOTEL:

- 01 PAPA FIGO
- 02 SABOR DA ILHA
- 03 FILOMAR

RESTAURANTS IN THE NORTH
OF THE ISLAND:

- 04 RESTAURANTE CELVAS
- 05 RESTAURANTE SANTOLA
- 06 MUCUMBLI



TO EAT

São Tomé e Príncipe is a true warehouse of flavors. Tasting the typical gastronomy is almost like making a historical trip by the formation of the country. Gastronomy is the very synthesis of the process of colonization. It thus has two roots: European / Portuguese and African, particularly Central Africa and African countries colonized by Portugal, who came to work for the plantations as contractors. The gastronomy of São Tomé is the mixture of all these gastronomy.

The main ingredients of the São Tomé cuisine ingredients are breadfruit, matabala, bush of the bush and the sea, different types of banana, fish and shellfish due to the vast maritime extension, in particular the santola are also very common in the gastronomy of the country, and of course the various herbs that the vast nature provides and which are part of the most famous dish, the calulu.

OUT



TO EAT

PAPA FIGO
Av. Kwame N'Kruma
Tel.: +239 222 7261

SABOR DA ILHA
Parque da Cidade
Tel.: +239 987 0785

FILOMAR
Praia do Lagarto
Tel.: +239 222 1908

RESTAURANTE CELVAS
Cidade de Guadalupe
Tel.: +239 223 1093

RESTAURANTE SANTOLA
Cidade de Neves
Tel.: +239 995 3811

MUCUMBLI
Ponta Figo, Neves
Tel.: +239 990 8736

TYPICAL DISHES

Smoked fish or chicken calulu, Rancho, Rice ou **Beans “à Moda da Terra”**, **Grilled fish**, Cachupa, Búzio-da-terra.

DESSERTS

Quizaca, Papaya jam, Fruits and Chocolat.

BEVERAGES

Palma Wine, Rosema (typical beer), Coconut-water e Coffee.

OUT



16
countries



100
hotels



more than
11.000
rooms

#pestanaworldwide
PESTANA.COM

THE
TIME
OF YOUR
LIFE

