

CITY GUIDE

SÃO TOMÉ

SÃO TOMÉ E PRÍNCIPE

RUN DAY

Tuesday, October 6

ABOUT SÃO TOMÉ AND PRÍNCIPE

This small island nation sits in the Gulf of Guinea, off the western equatorial coast of Central Africa. With a population under 250,000, it's the smallest stop on the Africa 7 route — and one of its most striking, set entirely on volcanic islands surrounded by the Atlantic.

RACE DAY

7:00 AM	Run start
10:45–11:00 AM	Roberto arrives at the finish

QUICK FACTS

CAPITAL	São Tomé
POPULATION	~245,000
LANGUAGES	Portuguese
CURRENCY	São Tomé and Príncipe Dobra



WEATHER IN OCTOBER

Expect warm, humid conditions with daily highs averaging 79–81°F (26–28°C) and lows staying mild at 75–77°F (24°C).

GOOD TO KNOW

São Tomé is one of the world's smallest nations and sits almost exactly on the equator — the island is famous for its cocoa, once the world's leading producer, and for roça plantation estates now being restored. Life moves at a gentle pace here; leve-leve, the local phrase for taking it easy, is close to a national motto.