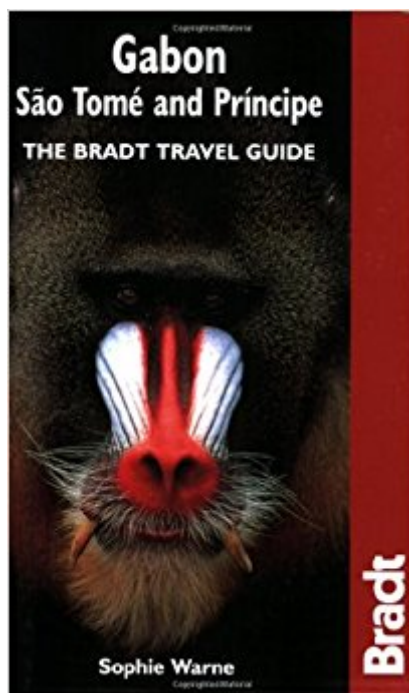


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# Gabon, Sao Tome & Principe: The Bradt Travel Guide



## Synopsis

Gabon is the ideal destination for naturalists, boasting easily accessible rain forests and reserves where an astonishing range of wildlife can be found and environmental conservation and research is being carried out. The country is particularly prized by birders. Excellent history, geography, and culture introductions underpin a practical guide that covers all the hard facts a visitor needs to know, including activities such as fishing, watersports, and whale and dolphin watching. The volcanic islands of São Tomé and Príncipe lie to the west of Gabon. With a strong Portuguese influence, they are ripe for exploring by independent travelers who will discover an archipelago of sugarloaf peaks, idyllic beaches, and fertile rain forests hosting a range of endemic species. This is the first English travel guide to Gabon and the independent islands of São Tomé and Príncipe.

## Book Information

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## Customer Reviews

Gabon boasts some of the most unspoiled rainforests in Africa, home to chimpanzees, gorillas and many other primates; it is also one of the continent's best places for birdwatching. As yet almost unknown, its attractions range from idyllic sandy beaches along its 855km coastline to an interior made up of sugarloaf peaks, dense rainforest and savannah. History, geography and culture underpin a practical guide that covers everything a visitor might need to know: planning and preparation, where to stay, where to eat and what to see. Inside you will find: wildlife-viewing opportunities, from lowland gorillas to humpback whales; full coverage of the newly designated

national parks network; getting around, by air, road and rail; volcanic islands of Sao Tome and Principe, Africa's second smallest country; trekking, watersports and other activities.

Sophie Warne is a freelance travel writer who has traveled extensively in Africa. She has worked on children's natural history books and was shortlisted for The Times Young Travel Writers' 2000 competition.

Unfortunately Bradt took this book (Gabon, ST and P) out of their range so could not buy new anymore. They provide pdf or ereader version instead which I don't think is very handy in the jungle. That is why I was so happy to find this book in a 2nd hand version here. Content-wise it's really detailed, just what we need. And for a 2nd hand version, it's in a superb condition.

Even though this book was published in 2004, it still proved to be very helpful while we were in Gabon, Sao Tomé & Príncipe. I am glad that we got it.

I reside in Libreville, Gabon and have not, until now, been able to find much literature about this place in English ... or French for that matter. Then this little gem was published! I take this little book with me everywhere I go, I make a point of consulting it before I plan a trip, ... where to eat in Cocobeach, where to stay in Nyonie, where to shop in Libreville ... it's all in there. I found a couple of phone numbers misprinted, but aside from that, the information on each of the places I have been to is up to date, useful and correct. This book tells it like it is, the good, the bad and the ugly! I highly recommend it to anyone thinking of visiting or living in Gabon.

I actually only visited São Tomé & Príncipe and I have to say that this guide, although short, is very detailed, both in terms of the historical background and of the present. The approach is straightforward and going through the places, and talking with the people, feels very close to what is described in the guide. Sophie did a great job in capturing the country's spirit.

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