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# Tour Notes

Senegal – Coast and Delta Explorer

Tour Duration – 7 Days



## Tour Rating

Fitness ●●●○○ | Off the Beaten Track ●●●○○ | Culture ●●●●● | History ●●●○○ | Wildlife ●●○○○

## Tour Pace

Busy

## Tour Highlights

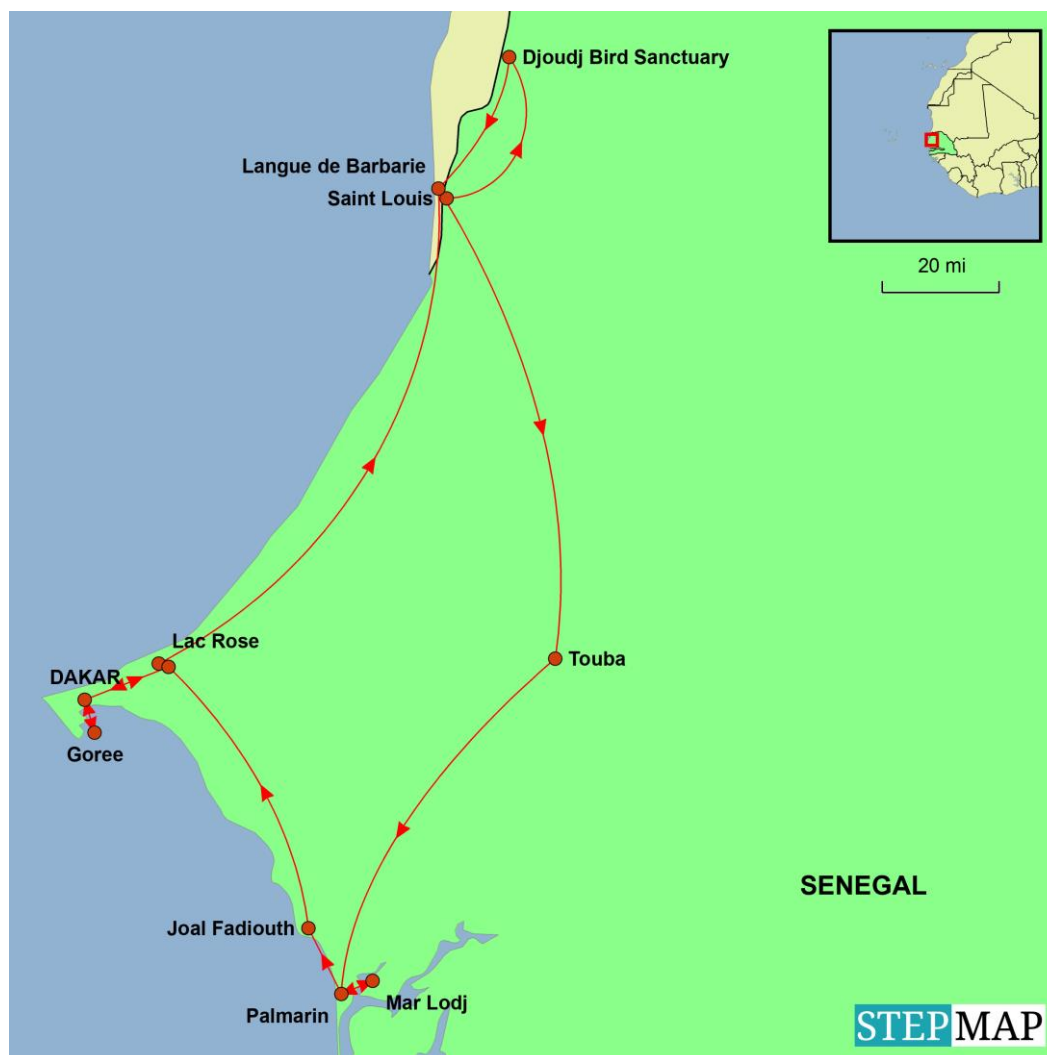
- ✓ Explore Goree Island and its slave heritage with its 'Point of No Return'
- ✓ Explore the charming old town of Saint Louis
- ✓ Visit the Djoudi National Bird Sanctuary





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## Tour Map



## Tour Essentials

- Accommodation:** Mix of comfortable hotel accommodation with private bathrooms  
**Included Meals:** Daily breakfast (B), plus lunches (L) and dinners (D) as shown in the itinerary  
**Group Size:** Maximum of 12  
**Start Point:** Dakar – you can arrive any time on day 1  
**End Point:** Dakar – evening departure on day 8  
**Transport:** Minibus, 4x4 vehicles, calash  
**Country Visited:** Senegal



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### Senegal – Coast and Delta Explorer

*An intriguing journey touching the edge of the Western Sahara. Start in Dakar and explore this bustling city before immersing yourself in the slave history at Goree Island. Travel north through Senegal, reaching the border with Mauritania and the Djoudj National Park, a natural oasis composed of hundreds of miles of partially flooded land. We then head south to the holy city of Touba and visit its Grand Mosque before visiting small, ethnic villages and ending the tour back in Dakar.*

### Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

### Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not just passing through these countries, but are usually locally born. Unlike some companies it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK as we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. Where possible you will have the same guide throughout your trip but on occasions it may be necessary to change the guide at one or more points during the tour.

## Itinerary

### Day 1: Arrival in Dakar (62km, approx. 1hr10m)

Arrive in Dakar and transfer to your hotel. Overnight at Ibis Dakar or similar (D)

### Dakar

Located on the Cap Vert peninsula and Africa's westernmost city, Dakar is thriving, colourful, and lively providing the first real experience of urban West Africa on this trip. Brash and often uncompromising, it was once one of the major cities of the French Empire and today is home to over a million people. With busy traffic and street vendors everywhere, Dakar is a world away from the rest of Senegal. Nearby is Gore Island, in contrast a peaceful sanctuary with well-preserved colonial buildings, giving it an almost Mediterranean feel. Gore is best known for its associations with the slave trade, although there is some controversy about how much of a role it actually played.

### Day 2: Dakar City Tour – Goree Island – Pink Lake – Langue de Barbarie (25min Ferry + 275km, approx. 5hr50m)

This morning we take a city tour of Dakar. Highlights include the Presidential Palace, Republic Square and Soweto Square to see the National Assembly. We then drive to the Cathedral du Souvenir Africain and the train station, with its elegant and inspiring façade, and is the region's oldest major transit hub. Visit the Museum of Black Civilizations, the museum is dedicated to African civilizations, a place of civilizational encounter and dialogue between cultures before we catch a ferry to Goree Island. On arrival we visit the house of slaves, a living testimony of the times of slavery, where you see the 'door of no return' where slaves were allegedly sent through to board boats. Continue to visit the town square and Catholic Church before stopping at the historical museum.



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Return to Dakar for the second part of the city tour, visit of the Great Mosque Massalikoul Djinaan, University "Cheikh Anta Diop", the monument of the African Renaissance, the divinity Mosque on the West Corniche, on the edge of the Atlantic Ocean, the "Village des Arts" composed of fifty-two artist's studios (ateliers).

Next depart to Retba Lake, also nicknamed Pink, nestled between white sand dunes and the Atlantic Ocean. Tour of the lake and see how women harvest the salt from the depth of the lake. Lunch at a local restaurant and continue to Ocean et Savane Lodge located in Langue de Barbarie National Park in front of the river. Enjoy a beautiful sunset in front the river. Dinner and overnight in Ocean et Savane Lodge or similar (BLD)

### **Day 3: Langue de Barbarie – Saint Louis (35Km / approx. 1h)**

Spend the morning at leisure. After lunch we head to St. Louis, Senegal's first capital, and today a UNESCO World Heritage Site. After lunch at a local restaurant, before enjoying a horse-drawn carriage ride around the city. Visit the fisherman's district, the lively fishing community of Guet N'Dar in the "Langue de Barbarie", a magical place with dozens of pirogues used for local fishing as well as the Cathedral, situated next to the Governor's Palace, an 1828 building. with a neoclassical facade and one of the oldest churches in Senegal. Dinner and overnight at Hotel La Residence or similar (BD)

### **Day 4: Djoudj National Bird Sanctuary**

Today visit Djoudj National Park, the third largest bird reserve in the world and a UNESCO World Heritage Site. A living sanctuary, situated in the Senegal River Delta, with a wetland of 16,000 hectares and 1, 5 million migratory birds. It is a lush setting with wetlands comprising lakes, streams, valleys and pieces of sand. Bird watching in a pirogue, with particular emphasis on the white pelican, cormorants, Gambian geese, ospreys, crocodiles, among other species. Return to St. Louis for lunch and spend the afternoon at leisure. Overnight at Hotel La Residence or similar (BLD)

### **Day 5: Saint Louis – Touba – Palmarin (340Km / approx. 6h30m)**

Depart to Saloum Delta. Along the slopes, you will have chance to meet the Peuhls breeders at the time of the regrouping of the zebus herds for the milking of animals. Then visit the holy city of Touba and its famous mosque. After lunch we continue our journey on the Saloum Delta in Senegal. Dinner and overnight at the eco-lodge of Palmarin or similar (BD)

### **Day 6: Palmarin – Mar Lodj (30Km / approx. 45min + 30min boat trip)**

We take a canoe to cross to the picturesque island of Mar Lodj, just opposite Ndangane. Visit the villages of Mar Lodj and Marfafaco, home of the Sérère ethnic group. Lunch at the Essamaye camp on the edge of the lagoon before returning to Palmarin in the afternoon. Dinner and overnight at Ecolodge of Palmarin or similar (BD)

### **Day 7: Palmarin – Joal Fadiouth – Dakar Departure (80Km / approx. 2hrs)**

Depart for Joal Fadiouth where we drive into a palm tree and baobabs forest. Stop at Fadiou Village to admire one of the biggest baobab trees in Senegal then continue to Joal – Fadiouth. Drive through the forest of Samba Dia and charming "Serere" villages with traditional huts. Visit Fadiouth Shell Island by foot. Highlights include the cemetery for Muslims and Christians, the market, the church, and the white alleys where shells are ubiquitous. Have lunch at the restaurant of Taverne du Pêcheur of Joal before transferring to the airport for your departure flight\* (BL)

\*if you are combining this with our Guinea Bissau tour, the departure flight to Bissau is at 1700hrs (subject to change)

\*if you are leaving Dakar for the end of the trip, please book a flight after 1500hrs.

**End of services.**



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## Tour inclusions/exclusions

### Inclusions:

Arrival and departure airport transfers  
All accommodation  
Transport as described  
Services of English-speaking local guide / tour leader  
Meals as listed (B – Breakfast, L – Lunch, D – Dinner)  
Entrance fees for sites listed as part of the itinerary  
Mineral water in the car/bus during visits

### Excluded:

International flights  
Any airport taxes  
Travel Insurance  
Visas  
Drinks  
Tips (discretionary)  
Items of a personal nature

## Important Information

### Foreign Office Travel Warnings

We constantly monitor the advice posted by the British Foreign, Commonwealth and Development Office (FCDO). In particular we will always advise clients of any travel warnings. At the time of writing the FCDO has no travel warnings in place for Senegal. Please feel free to contact us should you have any specific concerns or if you would like to know in detail what measures are being taken to ensure visits remain trouble free and without incident.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

### Accommodation and Meals

#### Hotel Check-in Times

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.





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### Accommodation Rating

The majority of this tour stays in comfortable mid-range accommodation and you can expect to have private bathrooms throughout. In general you will find that hotels have a restaurant and/or bar.

### Service Standards

Please note that standards of service in much of Africa are not comparable to those of more developed countries, especially in the more off the beaten track locations. Service is often slow and lacks the same attention to detail, and your patience and understanding will be appreciated.

### Food & Drinks

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Please note that lunch may be a picnic. Drinks are not included and will be payable locally in cash.

### Dietary Requirements

If you have any special dietary requirements you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.

### Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

### Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

### Drinks

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

### Tipping – Guide and Drivers

Tipping is common practise throughout the region. If your local guide has been helpful then you could think about tipping. This amount can obviously be left to you. When tipping a driver, a guide or hotel staff a few dollars will always be gratefully received.

### Foreign Exchange

**ATM Availability:** We do not recommend that you rely on ATM machines – where they do exist (rarely) they are often unreliable

**Credit and Debit Card Acceptance:** We do not advise using cards as these will not be accepted in the vast majority of places

**Local Currency:** CFA

**Recommended Currency for Exchange:** Euro

**Where to Exchange:** Your guide will advise you.

### Joining your Tour

### Flight Information

Our advertised prices do not include the cost of international flights. Please contact us if you would like a quotation to book a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.



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### Joining Your Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a free airport transfer, both on the advertised start and end dates of the tour. In addition arrival and/or departure transfers will be provided in conjunction with any pre and/or post tour accommodation that has been booked through Undiscovered Destinations. In all other cases charges may apply for airport transfers. Please advise the date, time and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

### Travel Insurance

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses (including Covid-19 conditions) and emergency repatriation to your home country and be valid for the entire duration of your holiday.

### Visa Information

At the time of writing British, US and Australian nationals do not require a visa for a short-term tourist visit to Senegal.

As it is the travellers' responsibility to ensure that they meet all entry requirements it is essential that you check the rules and any other conditions at the time of booking and again when making your balance payment. In addition, we would strongly advise that you make a final check around two weeks before your arrival. This is important as requirements can change at short notice. Undiscovered Destinations, when possible, will provide guidance about entry rules, but in the first instance please contact the relevant authorities, including the applicable embassy or consulate for assistance. Contact details can be found by visiting the following websites.

British Nationals - [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

US Nationals - <https://travel.state.gov/content/travel/en/international-travel.html>

Australian Nationals - [www.smartraveller.gov.au/](http://www.smartraveller.gov.au/)

Other nationals should check the latest requirements with the authorities in their home country, or with the destination's nearest embassy or consulate.

### Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to the UK. We strongly advise that your passport contains a minimum of two blank pages, as this may be a requirement of the local immigration authorities.

In addition, certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

### Vaccinations & Protection

As with travel to most parts of the developing world, we strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice and the necessary vaccinations.



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For a visit of less than one month, almost certainly you will be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis. Anti-malaria medication will also be required and the use of a DEET-containing insect repellent is highly recommended.

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on best practice when travelling with medicines. For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.

## Preparing for your tour

### Climate

The best time to visit the region is between October and March – outside of this time it can be very hot. Rainfall is rare at this time but cannot be ruled out. From June to September the region experiences most of its rainfall.

### Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day and warmer ones at night, although you shouldn't expect it to be cold here. A hat is also advised to be worn through the day to protect from the sun. Senegal and Guinea-Bissau are fairly relaxed in terms of clothing but you should bear in mind that these are Muslim countries. There is no dress code and you should also bring a bathing suit. Shorts are generally acceptable for men but not worn by local men. You should make sure that you have sufficient long-sleeved tops and trousers for entering any mosques.

### Equipment

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit. If you suffer from motion sickness then tablets for this are advisable for the Bijagos Archipelago and for the night on board the ship. If you are bringing a digital camera it is also advisable to bring a spare battery, as there will be occasions when electricity is not available. A torch/flashlight or head torch may also be useful for any unexpected electricity outages or dimly lit areas.

### Footwear

Footwear is a main priority on this tour. Comfortable walking shoes are recommended but also take lighter shoes such as sandals for general travelling

### Luggage on tour

Your luggage should not exceed 20kgs (44lbs). Due to the nature of the itinerary with many boat rides, the maximum weight allowed per luggage per person is 20 kg and we advise you to travel with a soft bag.

### Electric Supply & Plugs

Electrical supply is 220V and plugs usually have two round pins.

### Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. These tour notes were prepared 20 July 2023.