

OUR GUIDE TO SENEGAL

GATEWAY INTO
WEST AFRICA



For additional information, questions, clarifications, and booking information, **please contact:**

Bonne Vacances Travel Agency

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TRIP DATES

Travel Dates

Trip Dates: **12/12/2024 - 12/21/2024**

Departure Date from the US is **12/12/2024**

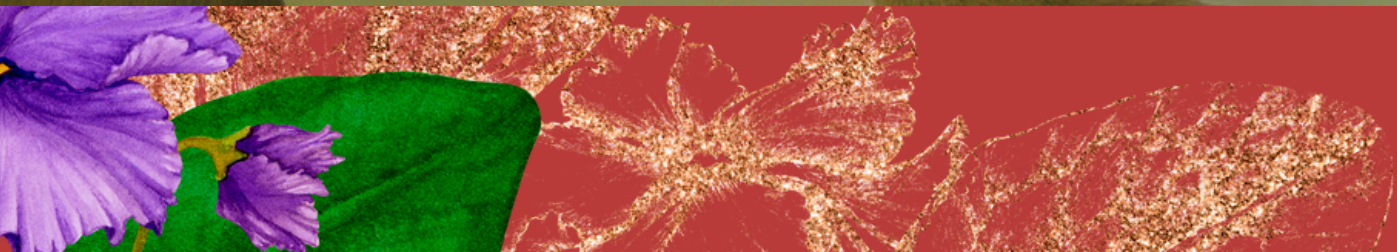
We will arrive in Dakar on **December 13, 2024**

Senegal Dates: **December 13 - December 20, 2024**

Departing Senegal on **December 20, 2024**

Arriving in the US on **December 21, 2024**

Ready to BOOK? [REGISTER HERE!](#)



TRIP DATES

Travel Dates

Trip Dates: **06/05/2025 - 06/14/2025**

Departure Date from the US is **06/05/2025**
We will arrive in Dakar on **June 6, 2025**

Senegal Dates: **June 6, 2025 - June 13, 2025**

Departing Senegal on **June 13, 2025**
Arriving in the US on **June 14, 2025**

Ready to **BOOK?** [REGISTER HERE!](#)

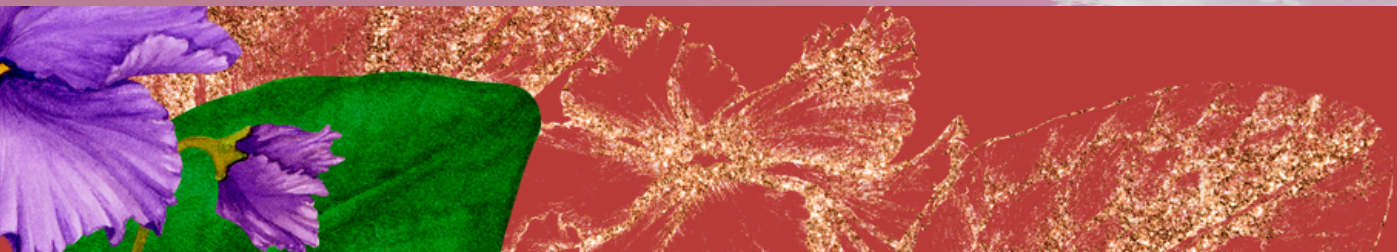


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Welcome to Senegal, a country of hospitality, culture, and diversity. Senegal is located on the westernmost point of Africa, bordered by the Atlantic Ocean, Mauritania, Mali, Guinea, and Guinea-Bissau. It has a rich history, a vibrant music scene, and a variety of natural attractions. Whether you want to explore the bustling capital of Dakar, relax on the sandy beaches of Saly, or discover the wildlife of the Niokolo-Koba National Park, Senegal has something for everyone.

This booklet will provide you with some useful information and tips to help you prepare for your trip and enjoy your stay in Senegal. Please read it carefully and contact us if you have any questions or concerns.



8 DAY 7 NIGHT ITINERARY

This tour combines the best of Senegal's tourism offerings in an eight-day package. In designing this tour, we aim to provide an authentic, but comfortable look into the culture and history of Senegal. This immersive journey takes you on a tour of Goree Island's House of Slaves, a UNESCO World Heritage Site, the historic city of Saint Louis and more!



HIGHLIGHTS

- Stand at the “door of no return” in Goree Island's House of Slaves
- Relax on the beaches of the Petit Cote
- Wander the old colonial streets of Saint Louis
- Visit Mekhe, home to craftsmen, blacksmiths, horse-driven cart jockeys and shoemakers.
- Enjoy a cooking experience with a local family

SENEGAL

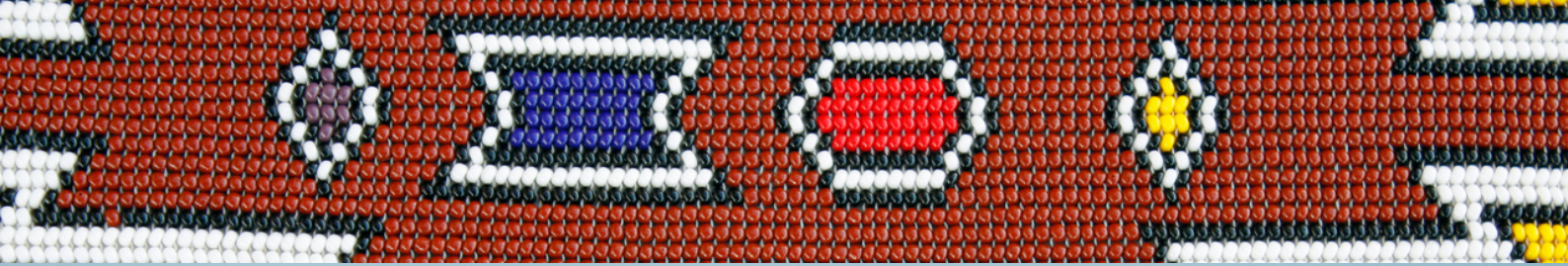


DAY 1

As you exit the airport in Dakar, you will be greeted with a smile by your Uprise tour guide, who will take you to a nearby beach resort.

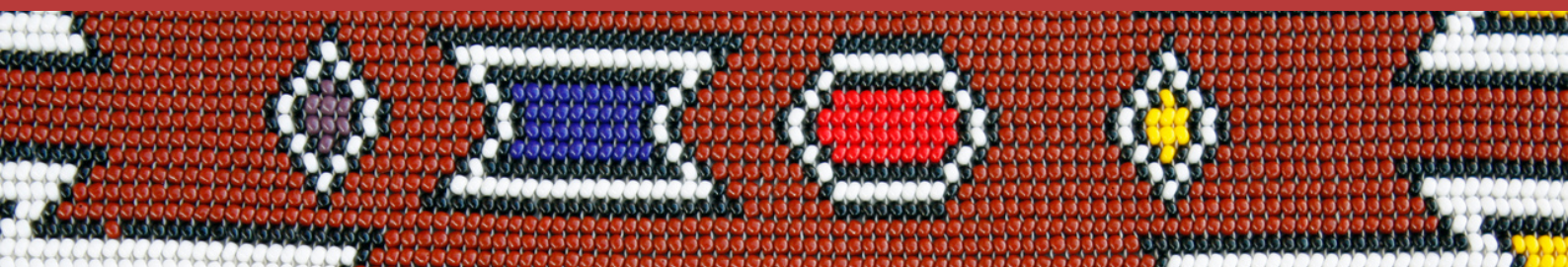
Depending on your arrival time, you may have a short cultural and historical orientation session to prepare you for the days ahead. For those arriving late, you will be given a snack before heading to bed for a much-needed night's sleep. (Depending on your arrival time, lunch and dinner are included.)

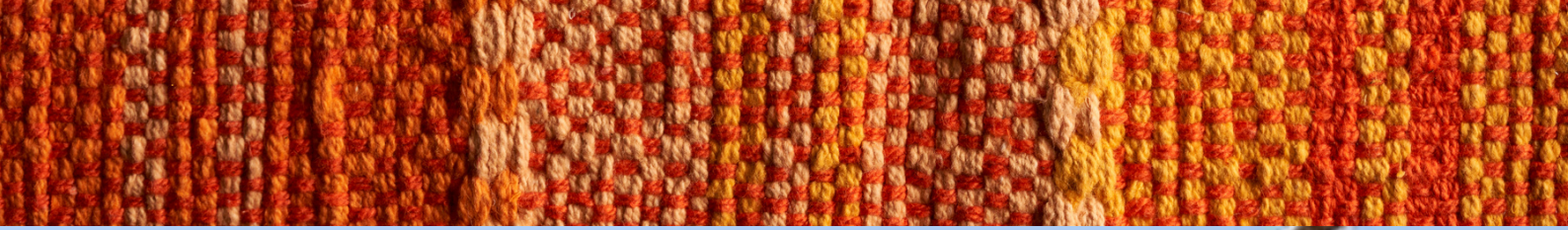




DAY 2

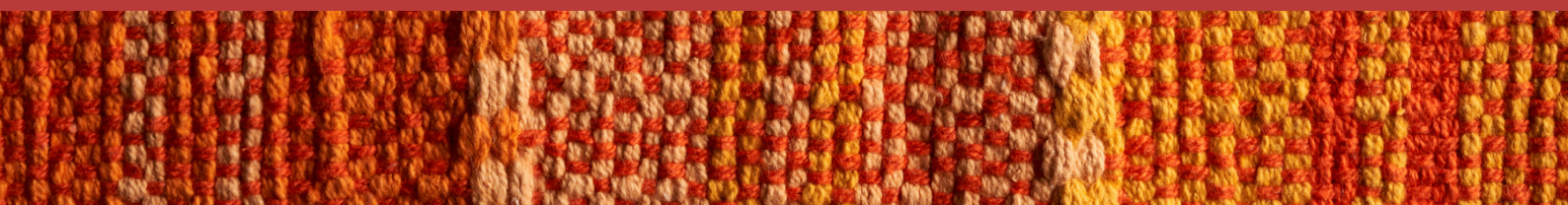
This morning you will board the ferry to Goree Island, a UNESCO World Heritage Site known for its complicated colonial history, as well as its prominent role in the transatlantic slave trade. While touring the island, you will have the chance to stand in the Door of No Return, the last place captive slaves stood before entering ships bound for the Americas. Next, you will visit the Museum of Black Civilization, a realization of Léopold Sédar Senghor, Senegal's first president, who envisioned a museum that would represent the histories and contemporary cultures of Black people everywhere. (Dinner is not included on this day. Your guide will suggest a range of options.)





DAY 3

This morning you will visit the African Renaissance Monument, the tallest statue in Africa. Commissioned by the country's then-president, Abdoulaye Wade, this famous statue depicts an idealised African family. From the African Renaissance Monument, you will visit the Grand Mosque of Dakar, one of the most important religious buildings in Senegal. For an authentic experience, you will also tour the Medina Market. (Dinner is not included on this day. Your guide will suggest a range of options in Dakar.)





DAY 4

You will start your tour today in the business town of Mekhe, home to craftsmen, blacksmiths, horse-driven cart jockeys and shoemakers.

Next, you will visit Marché Kermel, a kiln-shaped hall known for its food items, souvenirs and art. Here you will get the opportunity to shop as you experience life in Dakar. From here, you will head to Ouakam, an ancient village that is situated on the Atlantic coast at the foot of a range of hills. The village high street is home to shops and stalls offering everything that is needed in everyday village life. Finally, you will visit the Village Artisanal Soumbédioune to shop for wooden masks, paintings, jewellery, batik prints and more. (Dinner is not included on this day.)





DAY 5

This morning you will travel north to Lac Rose to visit the famous Pink Lake, where you will pose for photos next to this unique feature. Lac Rose lies north of the Cap Vert peninsula of Senegal and it is named for its pink waters caused by *dunaliella salina* algae. You will also have the chance to take a camel ride along the lake and observe how the locals harvest salt, their main source of livelihood, from the lake. Next you will continue north to Saint Louis. This historic city is situated on an island at the mouth of the Senegal River, and was the prized capital of the French colony.

Renowned for its colorful colonial architecture and its annual jazz festival, Saint Louis is also known for its large fishing villages and nearby beaches. The city is best explored by horse and carriage, which is exactly what you will do after settling into your hotel. Your local guide will explain the history of the city as you wander the streets in the open air. Finally you will return to your comfortable accommodation for dinner and a good night's rest.



DAY 6

Today you will participate in some cooking lessons. Here, your host will teach you how to make some traditional Senegalese dishes. This authentic experience will give you an actual look into Senegalese customs, traditions, cooking, and family life. Later this evening, you will have the opportunity to learn about traditional music and drumming. Your guide will introduce you to well known Senegalese drumming rhythms such as Djembe. Finally you will return to your comfortable accommodation for dinner and a good night's rest. (Dinner is not included on this day. Your guide will suggest a range of options.)



DAY 7

This morning you will make your way to the Islamic city of Touba where you will visit the Grand Mosque of Touba. Founded in 1887 by Sheikh Ahmad Bamba, this mosque houses the tomb of the founder and is known for its magnificent architecture and site for pilgrimage. After your time at the mosque, you will continue to the Petite Cote. Welcome to this strip of Senegal's coastline that is known for its palm-lined beachside resorts and is the ideal place to relax and enjoy the Atlantic Ocean. (Dinner is not included on this day. Your Uprise guide will suggest a range of options.)





DAY 8

This morning you will visit the Mbour Market. Mbour is the largest town on the Petit Cote with around 600,000 inhabitants, and is home to a fish market which has evolved into one of the most important fish handling centers in West Africa. Finally, you will have a chance to do some last minute souvenir shopping at the craft market before making your way to the airport, where you will say goodbye to your Uprise guide and fly off with new memories to last a lifetime! (All meals are included on this day.)



HOTEL ACCOMMODATIONS



When organizing this trip, our aim was to ensure inclusivity by providing a range of hotel options at different price points. All travelers will receive amazing services; the variation will be in the accommodation choices.

Premium Hotel Options



Radisson Blu Dakar



Hotel de la Residence



Lemantin Beach Hotel



HOTEL ACCOMMODATIONS



Mid - Upgrade Hotel Options



Onomo Hotel



Diamarek Hotel



Hotel Royam



HOTEL ACCOMMODATIONS



Standard Hotel Options



Hotel le Djoloff



Hotel Cap



La Saly Hotel





Before You Go

Passport and Visa


- You need a valid passport to enter Senegal. Your passport must have at least six months of validity from the date of entry and at least one blank page for the stamp;
 - You do not need a visa to enter Senegal if you are a citizen of the United States or one of the other visa-exempt countries. You can stay in Senegal for up to 90 days without a visa;
 - If you are not a citizen of a visa-exempt country, you need to obtain a visa before your arrival. You can apply for a visa online through the official website of the Senegalese government;
 - You may be asked to show proof of your return or onward travel, such as a flight ticket or a reservation, and proof of your accommodation, such as a hotel booking or an invitation letter, when you enter Senegal
- Immunizations and Health;
- All US citizens, regardless of age need a passport to travel internationally. If you need to apply for a passport, please visit <https://www.usa.gov/apply-adult-passport> to get started. Passport wait times may vary, so get your application in early.
- 



Vaccines

You need to show a valid yellow fever vaccination certificate when you enter Senegal. The certificate must include a QR code and show that you were fully vaccinated with one of the approved vaccines at least 14 days before your departure;

You may also need other vaccinations, depending on your travel itinerary and health history. The CDC and WHO recommend the following vaccinations for Senegal: hepatitis A, hepatitis B, typhoid, cholera, rabies, meningitis, polio, measles, mumps, rubella (MMR), tetanus, diphtheria, pertussis (Tdap), chickenpox, shingles, pneumonia, COVID-19, and influenza.

- You should consult your doctor at least a month before your trip to get the necessary vaccinations and medicines. You should also carry a copy of your vaccination records and prescriptions with you.**
 - You should take precautions to prevent malaria, which is a risk in most parts of Senegal. You should take prescription medicine to prevent malaria, use insect repellent, wear long-sleeved clothing, and sleep under a mosquito net.**
 - You should avoid drinking tap water or ice made from tap water in Senegal, as it may be contaminated. You should drink only bottled, boiled, or filtered water, or water from sealed sachets. You should also avoid eating raw or undercooked food, especially meat, seafood, and dairy products. You should wash your hands frequently with soap and water or use alcohol-based hand sanitizer.**
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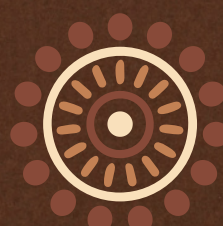
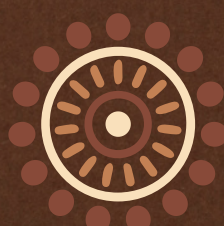
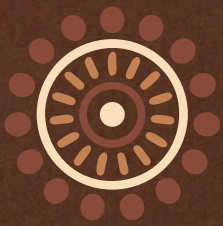
Travel Insurance

There will be a comprehensive travel insurance policy for purchase that covers medical expenses, emergency evacuation, repatriation, loss of luggage, theft, cancellation, and other possible risks. If you choose to purchase separately, you should check the details of your policy and make sure it is valid for Senegal and your travel activities. You should also carry a copy of your policy and the contact details of your insurance company with you.

I am going to require everyone to carry an insurance policy traveling to Senegal.

My favorite travel insurance providers are Allianz Travel Insurance and Travel Guard. Travel insurance cost is determined by various factors, if you would like to get a quote, head over to their websites and get a quote. I will book travel insurance after deposits have been paid.

For those who refuse travel insurance, I will not book you unless you sign a travel waiver releasing Bonne Vacances Travel Agency and Uprise Travel from any and all claims resulting from the booking, or travel related issues.



You should register your trip with the Smart Traveler Enrollment Program (STEP) of the U.S. Department of State. This will allow you to receive security updates and alerts, and make it easier for the U.S. Embassy to locate and assist you in case of an emergency. You can enroll online or by phone.

To register for the S.T.E.P. program, please click here: <https://step.state.gov/>

While You Are There

Currency and Banking

- The currency of Senegal is the West African CFA franc (XOF), which is pegged to the euro at a fixed rate of 655.957 XOF = 1 EUR. There are coins of 1, 5, 10, 25, 50, 100, 200, and 500 XOF, and banknotes of 500, 1,000, 2,000, 5,000, and 10,000 XOF.
- You can exchange your U.S. dollars or euros for XOF at the airport, banks, hotels, or authorized exchange bureaus. You should avoid exchanging money on the street, as it may be illegal or unsafe. You should also keep your receipts, as you may need them to reconvert your XOF when you leave Senegal.
- You can use your credit or debit card to withdraw XOF from ATMs, which are widely available in major cities and towns. You should check with your bank before your trip about the fees and limits for international transactions. You should also notify your bank of your travel plans to avoid any problems with your card.
- You can use your credit or debit card to pay for goods and services at some hotels, restaurants, shops, and tourist attractions, especially in urban areas. However, cash is still the most common and preferred method of payment in Senegal, especially in rural areas and informal markets. You should always carry some cash with you, in small denominations, and be prepared to bargain.

Culture and Etiquette

The official language of Senegal is French, but many people also speak one or more of the national languages, such as Wolof, Pulaar, Mandinka, Serer, or Jola. English is not widely spoken, except in some tourist areas and among educated people. You should learn some basic phrases in French and Wolof, and greet people with a smile and a handshake. You should also respect the religious and social customs of the Senegalese people, who are mostly Muslim, but also have Christian and animist minorities.



You should dress modestly and conservatively, especially in rural areas and religious sites. You should avoid wearing shorts, skirts, or tops that are too short, tight, or revealing. You should also cover your head, shoulders, and knees when visiting mosques or other places of worship. You should remove your shoes before entering a mosque or a house. You should also avoid public displays of affection, such as kissing or hugging, as they are considered inappropriate and offensive.

You should be polite and courteous, and avoid any topics that may be sensitive or controversial, such as politics, religion, or sexuality. You should also avoid criticizing or complaining about anything in Senegal, as it may be seen as rude or disrespectful. You should show interest and appreciation for the Senegalese culture, history, and cuisine, and accept any invitations or offers of hospitality. You should also be patient and flexible, and expect some delays or changes in your plans, as time is not as rigid or important as in the United States.



You should be aware of the local customs and norms, and follow them as much as possible. For example, you should use your right hand for eating, greeting, and giving or ... receiving anything. You should also use your left hand for personal hygiene, such as wiping or washing. You should avoid pointing at people or things with your finger, as it is considered rude and aggressive. You should use your whole hand or your thumb instead. You should also avoid crossing your legs or showing the soles of your feet, as they are considered disrespectful and unclean.



Safety and Security

Senegal is generally a safe and peaceful country, with a low level of crime and violence. However, you should still exercise caution and common sense, and avoid any situations or areas that may pose a risk to your safety and security. You should also follow the advice and instructions of the local authorities and the U.S. Embassy.

Some of the safety and security tips that you should follow include:

Keeping your valuables and documents in a safe place, such as a hotel safe or a money belt. You should also avoid carrying large amounts of cash or wearing expensive jewelry or clothing. You should also be alert and aware of your surroundings, and avoid any crowds or demonstrations.

Safety & Security Continued

Avoiding traveling alone or at night, especially in unfamiliar or isolated areas.

You should also avoid using public transportation, such as buses, taxis, or motorcycles, as they may be unsafe or unreliable. You should only use licensed and reputable taxis or car services, and agree on the fare before getting in. You should also avoid hitchhiking or accepting rides from strangers.

Avoiding swimming or boating in the ocean, as there may be strong currents, waves, or sharks.

You should also avoid swimming in freshwater, such as rivers, lakes, or ponds, as there may be parasites, bacteria, or crocodiles.

You should only swim in designated and supervised areas, such as pools or beaches. You should also wear a life jacket and follow the safety rules.

Reporting any incidents or emergencies to the local police or the U.S. Embassy. The emergency number for the police is 17, for the fire brigade is 18, and for the ambulance is 1515.

The phone number for the U.S. Embassy in Dakar is +221 33 879 4000. You can also call the U.S. Department of State at +1 202 501 4444 or visit [travel.state.gov] for more information and assistance.





Senegal has a lot to offer to its visitors, from natural wonders to cultural heritage. You can enjoy the diverse scenery, wildlife, and activities that Senegal has to offer, such as:

Photo by Mysticblack





The capital and largest city of Senegal, Dakar is a lively and cosmopolitan metropolis, with a rich history and culture. You can visit the Dakar Grand Mosque, the African Renaissance Monument, the IFAN Museum of African Arts, the Goree Island, and the Lake Retba. You can also enjoy the nightlife, shopping, and dining options that Dakar has to offer.



Saly: A popular seaside resort town, Saly is located about 80 km (50 miles) south of Dakar. It has a long and sandy beach, where you can relax, swim, surf, or fish. You can also visit the Bandia Wildlife Reserve, where you can see giraffes, zebras, rhinos, and other animals. You can also enjoy the golf, spa, and casino facilities that Saly has to offer.



Saint-Louis: A former colonial capital and a UNESCO World Heritage Site, Saint-Louis is located on an island at the mouth of the Senegal River. It has a charming and historic atmosphere, with colonial buildings, colorful houses, and narrow streets. You can visit the Saint-Louis Cathedral, the Faidherbe Bridge, the Governor's Palace, and the Djoudj National Bird Park. You can also enjoy the jazz festival, the horse races, and the fishing activities that Saint-Louis has to offer.





Niokolo-Koba National Park: A UNESCO World Heritage Site and a biosphere reserve, Niokolo-Koba National Park is located in the southeast of Senegal. It covers an area of about 9,000 km² (3,500 sq mi), and hosts a variety of ecosystems, such as savanna, forest, river, and wetland. You can see a diversity of wildlife, such as lions, elephants, leopards, hippos, crocodiles, and hundreds of bird species. You can also enjoy the hiking, camping, and safari tours that the park has to offer.



What to Pack and Wear

- You should pack clothing and items that are suitable for the climate and the culture of Senegal.
- You should bring lightweight, breathable, and loose-fitting clothing, such as cotton or linen.
- You should also bring a jacket, sweater, or shawl for the evenings or the cooler months.
- You should avoid synthetic or woolen fabrics, as they may cause discomfort or irritation.
- You should also pack clothing that is modest and conservative, especially in rural areas and religious sites.
- You should cover your shoulders, knees, and chest, and avoid wearing shorts, skirts, or tops that are too short, tight, or revealing.
- You should also remove your shoes before entering a mosque or a house.
- You should also pack some accessories and items that will protect you from the sun, such as sunscreen, sunglasses, and a hat.
- You should also bring insect repellent, a mosquito net, and antimalarial medication, as malaria is a risk in most parts of Senegal.
- You should also bring a basic first aid kit and any prescription or over-the-counter medications that you may need.



FAQ'S

Is the trip the same price for kids?

Yes, everyone on the trip pays the same price.

Why does the trip have tentative dates?

The short answer is, I am not prepaying your deposit! Bonne Vacances Travel Agency is an independently owned and operated travel agency. I operate under contracts with travel suppliers which allows for specific blocks of time in which to secure space. Uprise Travel allows 2 weeks. This is why I am presenting the information now, for preparation, and will release the trip for sale on April 15 - April 30, 2024. This will allow time for interested travelers to secure deposits! Guests CAN deposit and pay for the trip before the trip officially opens in April.

Does the price include airfare?

No, the price quoted is for the land portion of the trip only. However, there will be group airfare set up for guest traveling in December 2024, and June 2025.

Can I go off on my own to explore Senegal?


At your own risk! You will have plenty of time to explore areas of Senegal outside of the group. Be safe and stay vigilant.

What is the deposit of this trip?

The deposit of this trip will be 25% of your total trip once the trip goes "on sale".

The trip will go on sale April 15, 2024. You will have until April 30, 2024 to make your deposit. After that, the deposit period will be closed.

If you have any issues with your deposits, please let me know immediately, and I will check on options.





FAQ'S

When does the trip have to be paid off?

The trip must be paid in full 60 days before travel!

Why is this trip being planned during these particular times of the year?

Yes, the winter holidays and summer vacations can be very expensive! However, the reason I picked these dates was to reduce the amount of time kids would have to take off of school.

Do we have to wait until December 2024 to take this trip?

No, not at all! If you prefer to book this trip prior to December 2024, please reach out to me and I will get the trip booked for you ASAP!

Can I book this trip without using Bonne Vacances Travel Agency?

You can actually! You could inquire about rates for individuals, but the pricing may be different. The rates were set directly from the tour operator in Ghana and they were built for group capacity. But you are welcome to check!

How do I get more information on the trip?

Visit our website: <https://bonnevacances.fun> where you can keep up with updates!

Are you ready to experience Senegal?

To explore bustling markets, witness exotic birdlife, and dance to rhythmic drums.

[Register Here Today](#) for an unforgettable journey! 🌴🌊☀️

