



The delta of Sine Saloum

SENEGAL

Ride out to **explore Senegal on horseback** in the warm trade winds of Sine Saloum, a timeless, little-known delta. **Ride your horse through the protected and varied landscapes of Senegal**; savannah, mangroves and wild beaches where the horses lengthen their stride as you gallop the white sands before swimming with the horses in the sea.

Trail Riding	 9 days/ 6 days riding	 From £1,315	
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ITINERARY

Highlights

- Enjoy long and unforgettable gallops along the beach
- Explore a mixture of countryside and landscapes; desert savannah and baobab trees, mangroves, lagoons, paradises of thousands of birds
- Enjoy authentic meetings with local farmers, herders, craftsman, fisherman living in traditional villages where the hospitality is spontaneous and genuine
- Responsible and sustainable tourism

Day 1 — 1 : ARRIVAL IN DAKAR - SOUSSANE

Fly to Dakar. Flights are not included but can be booked on request. You will be met at the airport by a driver from our partners farm and transferred from the airport to Sarène horse farm (1h30), the start point of your ride.

On your arrival at the farm, you will be offered a light snack, then you will be able to rest and relax and explore the farm before your first day riding.

Day 2 — 2 : SOUSSANE - MBODIENE - 5 and a half hours riding

After breakfast, you will be taken to meet the horses and take your first ride. You will have lunch at Sarène Farm, and then your ride will begin. You will ride through the acacias forest of Nianing and remote scrubland villages enjoying all three paces.

You will spend the night at La Thioissane Lodge, facing the lagoon.

Day 3 — 3 : MBODIENE - FADIAL - 6 hours riding

You will wake up to a breakfast opposite Mbodiene lagoon and head out on the day's ride. The morning's route will take you on a path between land and sea where you will have the chance to observe all manner of birds along the length of the lagoon - cormorants, spoon bills, cranes, flamingoes, herons and

hundreds of pelicans...

Beyond the lagoon, you will see stretching out ahead a vast wild beach. For lunch, you will picnic out in the bush at the foot of a baobab tree. A trip to the isle of shells is also on the cards; this island is entirely made up layers of shells and the roads are strewn with them. The creation of the island, according to traditional tales, is due to the accumulation of shell waste thrown out by the villagers over the course of the centuries. The island is linked to the coast by a wooden bridge.

You will then ride at the Baobab Lodge, Fadiol, where you will spend the night.

Day 4 — 4 : FADIAL - PALMARIN - 4 hours riding

On the day's ride, you will discover the Sacred Baobab tree of Fadiol; this tree has a circumference of around 26.18m. Then you will ride through the dried lake beds and swamps by passing through a secret passage through the mangrove trees. Depending on the tide, you may cross to the beach by swimming with your horse to reach Palmarin beach for some spectacular long gallops. You will arrive at your ecolodge for the night in time for dinner.

The rest of the day is yours to do with as you please, including the chance to swim with the horses in the ocean. You will spend the night in the lodge.

Day 5 — 5 : PALMARIN - NIASSAM - 5 and a half hours riding

After breakfast, you will ride out towards the beach to Djifer point, then through the bolongs - a channel of salt water characteristic to the coastal regions of Senegal. Their banks are usually lined with mangrove trees, partially covered at high tide and home to a large variety of birds. You will spend your day's ride continuing to explore the Palmarin reserve.

After your picnic lunch, you will explore the bolongs in a pirogue, a type of dugout canoe. You will have dinner and spend the night in an ecolodge.

Day 6 — 6 : NIASSAM - SIMAL - 7 and a half hours riding

You will head out for a long day in the saddle to explore the Senegalese brush. You will ride through the trees and outback villages. After 4 hours riding, you will stop for your lunch in the Samba Dia forest. You will then ride passed the villages of Yayème and Djilor before reaching Simal, found on the banks of the lagoon in the heart of lush vegetation.

You will spend the night in an ecolodge.

Day 7 — 7 : SIMAL - SOUSSANE - 7 and a half hours riding

The day's ride will be the last long stretch in the saddle. You will ride passed the remote village of the brush and through Balabougou forest.

You will ride at speed between the villages for this final day before stopping for your picnic lunch at N dofane.

Towards the end of the afternoon, you will arrive back at the farm where you will have dinner and spend the night.

Day 8 — 8 : SOUSSANE - BANDIA - DAKAR

After breakfast on the farm, you will be taken to the weekly market in Sandiara. The market is large and thriving with animals - sheep, goat, horned zebu, fruit and vegetables, gourds and incense - it will be a perfect chance to pick up some souvenirs!

You will return to the farm for lunch before heading out in the car to the Bandia Reserve where you will encounter large African mammals in 3500 hectares of grandiose nature. Your visit will be guided by a specialist to the area. You will then be transferred to the airport for your flight back home.

Day 9 — 9 : ARRIVE HOME

You will arrive home early in the morning.

Possible extension on the coast:

If you would like to extend your visit to see more of Senegal, we can help you organise an extension for a few days by the sea. Your hotel would have direct access to the beach and you would be able to explore the magnificent surrounding gardens with a variety of trees, a relaxing swimming pool, refined cuisine from the on location chef and their team with candlelight alfresco dinners. Situated at Nianing, a few kilometers from the farm at Sarène, we will help you organise the whole stay!

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
24/12/2022	01/01/2023	£1,315		Full
07/01/2023	15/01/2023	£1,315		Guaranteed departure
21/01/2023	29/01/2023	£1,315		Open
04/02/2023	12/02/2023	£1,315		Open
18/02/2023	26/02/2023	£1,315		Guaranteed departure
18/03/2023	26/03/2023	£1,315		Guaranteed departure
01/04/2023	09/04/2023	£1,315		Open
15/04/2023	23/04/2023	£1,315		Open
29/04/2023	07/05/2023	£1,315		Open
13/05/2023	21/05/2023	£1,315		Guaranteed departure
27/05/2023	04/06/2023	£1,315		Open
10/06/2023	18/06/2023	£1,315		Open

Price details

- The above prices do not include flights. They are calculated per adult in a standard double room
- Groups are made up of 2 - 5 riders international riders, plus guide (6 on certain dates).
- The departure of this ride can be guaranteed for a group of 1 rider with the payment a supplementary charge of c. €200/£175.
- Transfers are included from and to Dakar airport on Saturdays. If you choose to arrive earlier or depart later, a private transfer can be organised: €30/£27 from the airport, or €50/£45 from Dakar, each way.
- Children will need to be accompanied by an adult.

Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

Price includes

SUPPORT TEAM

1 English-speaking horse guide

LOGISTICS

1 groom
 1 horse equipped with saddle and bridle per rider
 1 cook
 1 vehicle and driver

INLAND TRANSPORT

Return airport transfers - extra charge if after midnight

ACCOMMODATION

Eco-lodge accommodation

MEALS

Full board from dinner on day 1 to lunch on day 8

Price doesn't include

MEALS

Meals before your arrival at the farm on day 1 and those on your return to the airport on day 8 are not included in the above listed price
Beverages and personal extras: soda/fruit juice : 1000 CFA, mineral water (1.5l) : 1000 CFA, senegalese beer : 1500 CFA, wine : between 4000 and 6000 CFA, cocktails : 3000 CFA, tea/coffee : 1000 CFA. IMPORTANT: The accommodation throughout your trip will not accept pounds sterling, euros or credit/ debit cards - all drinks bills will need to be paid in CFA

TRANSPORT

Airport transfers if the arrival/ departure times are different to those of the first person to sign up for the ride : approx. £45 / person
Airport taxes
International flights

EXTRAS

Tips to the local team

INSURANCE

Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

EQUESTRIAN INFO

Horses

7 Berber horses are available for riding, they are unshod and used to spending the majority of their day roaming the property's grounds. They are horses with high levels of stamina, they are calm and used to navigating the local wild fauna.

The weight limit for this ride is 90kg/ 198 lb/ 14st 11lb

Minimum riding ability

MINIMUM RIDING ABILITY

Riders need to be at ease at all 3 paces (walk, rising trot and galloping in a forward seat). They must also know how to control their horse at high speeds (stopping, changing direction etc.) across open ground. The horses on the farm will not present any technical challenges for confident riders, but the riding is often fast-paced.

The weight limit for this ride is 90kg/ 198 lb/ 14st 11lb

PACE

Throughout your trip, you will ride at all three paces - walk, trot, canter. Depending on the terrain, you will either canter side-by-side or single file.

TACKING ABILITY AND PARTICIPATION

Each rider is asked to participate in the tacking, untacking, and care of their horse.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

IMPORTANT: The weight limit for this ride is 90kg/ 198 lb/ 14st 11lb

The different accommodation in which you will be staying throughout the ride do not accept either pound sterling, euro or debit/ credit cards. Everything will need to be paid for in cash.

An important part of visiting other countries is to share in an authentic cultural exchange with the inhabitants, this implies that a level of acceptance and respect for any cultural differences you may encounter must be observed.

EQUESTRIAN EQUIPMENT

You will ride on English saddles, saddlebags are provided

Riding hats are compulsory and the farm does not provide them. You will need to arrange to bring your own hat.

We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

TRAVEL INFO

COMFORT

On your arrival at the farm, you will spend the night in either a single or a double/twin room with a private bathroom in one of the farm's ecolodges. You will have wifi access.

Throughout the ride, you will be staying in a variety of eco-lodges, all chosen by your hosts with great care, giving you the opportunity to meet hospitable Senegalese locals providing comfortable lodgings. These surprising architecturally diverse corners of Senegal are tucked away between immense white sand beaches, on the banks of a bolongs or in the heart of lush vegetation, and will provide a fantastic setting for your exploration of Senegal! Internet is not always available and will be patchy at best.

MEALS

Breakfast will be continental with bread, butter, jam and fruit juices.

Lunches will be either sit-down or picnic style, served hot with seasonal fruits and vegetables.

For dinner, you will discover the local specialties of a rice or millet base served with fish, chicken or zebu meat accompanied by vegetables.

For dessert, you will have fruits (mangoes, papayas or guava - depending on the season) or a local specialty.

Drinks, other than water and local green tea, are not included in the price of your meals.

CLIMATE

Senegal is a country that receives more than 3000 hours of sun each year - making for a tropical climate. The years are also marked by a long dry season from November to June, with temperatures reaching between 22 - 30°C. The rainy season lasts from August to October (known as their 'winter') during which the temperatures are higher still and rainfall is significant.

GUIDE AND LOCAL TEAM

Your guide, Ibou Faye, is always welcoming and friendly. He is highly knowledgeable with regards to his guiding, country and the horses. He is a native French speaker and has a working knowledge of English, perfectly adequate for general instructions but limited when it comes to long discussions.

TIPS

It is customary to leave a tip to the local team. You may wish to plan a tip of around £25/35 for the whole team.

PACKING LIST

Head

- A riding helmet is compulsory and we recommend that you take your own to ensure a correct fit. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable. You also have the option of buying protective shells to go under your hats (Ranch & Rider, Lexington Safety Products) or western hat helmets (Troxel).

- Sunhat (indispensable)

- Sunglasses with high protection lenses - with a cord attached so they don't fly off when riding

- Buff or bandana for protecting your neck and face from the sun, wind or rain

Upper body

- Thermal underwear (t-shirts with long or short sleeves)

- T-shirts in cotton and long-sleeved shirts (to protect against the sun) or t-shirts made from rapid-dry material

- 1 lightweight fleece or jumper

- 1 lightweight waterproof jacket made from Gore-Tex or a similar material that is waterproof and breathable

Legs

- 2 pairs of lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub

- 1 change of riding trousers or light trousers or/and a dress.

- 1 shorts

- A swimming costume
- 1 towel
- Non-irritant cotton or synthetic underwear

Hands and Feet

- 1 pair of comfortable riding or walking boots. We recommend short boots with half-chaps specifically for riding. We don't recommend taking your favorite leather boots in case they get damaged. Please note that on some occasions you will ride across some immersed parts of the Delta and then your boots, chaps and breeches will be immersed in salt water.
- 1 pair of lightweight shoes or trainers for the evenings
- Several pairs of socks
- Gloves - your hands are particularly exposed to the sun whilst riding

Our Recommendations

- Backpacks cannot be worn whilst riding. We recommend a small bum bag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lip balm etc)
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!

Other useful items

- Travel bag 60-80 liters (hold luggage)
- Travel bag 25-30 liters (cabin bag)
- Double saddlebags are available on request
- Water bottle (1.5 liters or 2 equivalent)
- Headtorch or small torch for moving around at night - bring spare batteries and bulbs
- Toiletries
- Protein or cereal bars for the longer stretches of riding
- Toilet paper and a lighter to burn it after use
- Swiss army knife or equivalent (in checking-in luggage!!)
- Small plastic bags for your rubbish
- Ear plugs (may be useful)
- Camera and high capacity memory card. Spare battery

Medical kit

Make sure any allergies (to medication or otherwise) and clearly stated in your medical kit

- Any medication you regularly take
- Painkillers
- Imodium or similar anti-diarrhea medication
- Vitamin C tablets
- Sunscreen and lip balm - should be high factor
- Insect repellent
- Eye drops
- Hydrating/ soothing cream
- Plasters
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..
- 10cm wide bandage
- Spare prescription glasses/contact lenses
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

General information

- The airline allows only one bag to be checked-in per passenger. Make sure it weighs no more than the specified weight limit; if it exceeds this weight, you will have to pay excess luggage fees at check-in
- Hand luggage mustn't contain any sharp objects (knives, scissors, nail file or nail scissors, etc.) and the quantity of liquid allowed per passenger is limited to 100ml per container. Check with the airline for their imposed weight limits for hand/ hold luggage.
- If you wish to travel 'light' and wash your clothes throughout the ride, please bring with you laundry detergent that is biodegradable
- All waste that could be considered toxic (batteries, aerosols, batteries, empty cream tubes, film) needs to be kept with you and transported back to the UK, where recycling is done well and efficiently. Avoid, wherever possible, to bring with you unnecessary packaging

In your hold luggage

- Any liquids, such as shampoo, moisturiser, deodorant over 100 ml and all bottles can be decanted into small, clear, plastic Ziplock bags. We recommend biodegradable washing products where possible.
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hand luggage carry any valuables, such as your camera, ipod, ipad etc.

VISA & HEALTH

Formalities

Senegal tourist visa is not required for citizens of United Kingdom for a stay up to 30 days.

First, check the current validity of your passport. All travelers will need a passport valid for at least 90 days following your departure date from Senegal. However, we strongly recommend traveling with 6 months validity on your passport at all times. Citizens of United Kingdom can refer to www.ips.gov.uk for forms and instructions for new passport applications and British passport renewals.

Second, make sure your passport has blank Visa pages. Most destinations, including Senegal, require that you have adequate un-used pages in your passport, allowing for any necessary stamps upon arrival and departure. We recommend that you have at least two free pages in Visas section of your passport before any international travel. British citizens can get extra passport pages added to their passports at

<https://www.gov.uk/browse/abroad/passports/>

ADDRESSES OF CONSULATES

- Ambassade à l'étranger
1 rue El Hadj Amadou Assane Ndoye
BP 4035 Dakar
Tél. : tél +221 (8) 395 100
Fax : fax +221 (8) 395 181
www.ambafrance-sn.org
- Ambassade en France
14 av. Robert Schuman
75007 PARIS
Tél. : tél. 01 47 05 39 45
Fax : fax. 01 45 56 04 30
repsen@wanadoo.fr
- Ambassade du Sénégal
Avenue Franklin Roosevelt 196
1050 Bruxelles
Tél. : (32 2) 673 00 97
Fax :
- Ambassade du Sénégal
Rue de la Servette 93
1202 Genève
Tél. : 022/918 02 30
Fax : 022/740 07 11
mission.senegal@ties.itu.int

Health

Senegal is severely lacking in terms of medical resources – there are only around 20 hospitals in the entire country. Dakar has the majority of these, a mixture of both private and public. Clinique du Cap on Avenue Pasteuris well-equipped, whilst Principal hospital on Avenue Nelson Mandela is a modern hospital and training centre. There is much more in terms of facilities available in urban areas, compared to rural villages, where doctors and facilities are minimal. However, it is essential to have health insurance if visiting. For an ambulance in Dakar, call SOS Medecin (tel: 889 151) or SAMU (tel: 33 628 1213).

Senegal is a malaria-affected country and malaria prophylaxis is strongly recommended.

Food and drink:

All water should be regarded as being potentially contaminated, and water used for drinking, brushing teeth or making ice should first be boiled or

otherwise sterilised. Bottled water is readily available everywhere. Milk is likely to be unpasteurised and should be boiled. Alternatively, use powdered or tinned milk, both of which are available. Avoid dairy products which are likely to have been made from unpasteurised milk. Only eat well-cooked meat and fish, preferably served hot. Vegetables should be cooked and fruit peeled.

Other risks:

Avoid swimming and paddling in fresh water, but it's fine to use swimming pools which are well-chlorinated and maintained; these are likely to be safe. Vaccinations against meningococcal meningitis, tuberculosis and hepatitis B are sometimes recommended.

There is a risk of yellow fever transmission in Senegal. Yellow fever vaccination certificate required for travellers over 9 months of age arriving from countries with risk of yellow fever transmission and for travellers having transited through the airport of a country with risk of yellow fever transmission.

Please consult your GP for accurate and up-to-date travel advice. Please see: https://travelhealthpro.org.uk/country-details.php?cnt=192#General_information

Insurance

It is a condition of your booking with Equus Journeys that you have travel insurance which covers you for the riding activities to be undertaken. Your travel insurance should cover you for medical expenses and repatriation. Your guides will require your travel insurance details before they allow you to ride and may refuse to let you ride if you cannot provide them. You should take your insurance documents with you.

Voltage

230 volts AC, 50Hz. Various plug types with two or three round pins are in use.

Budget and money

Currency information:

CFA (Communauté Financière Africaine) Franc (XOF) = 100 centimes. Notes are in denominations of XOF10,000, 5,000, 2,000, 1,000 and 500. Coins are in denominations of XOF500, 200, 100, 50, 25, 10, 5 and 1.

Senegal is part of the French Monetary Area. Only currency issued by the Banque des Etats de l'Afrique de l'Ouest (Bank of West African States) is valid; currency issued by the Banque des Etats de l'Afrique Centrale (Bank of Central African States) is not. The CFA Franc is pegged to the Euro. The exchange rate was in January 2017 : £1 = XOF655.96

Credit cards:

American Express is the most widely accepted, although Diners Club, MasterCard and Visa have limited use. Commissions are added for the use of credit cards and many businesses may not accept payments with foreign cards. It is best to carry cash for the majority of transactions

ATM:

There are ATMs throughout Senegal (although they are more limited outside the cities) and they are fairly widespread throughout Dakar. However, many do not accept foreign cards.

Travellers cheques:

Traveller's cheques are easy to cash in Dakar. To avoid additional exchange rate charges, travellers are advised to take them in euros rather than dollars. There is limited or no acceptance outside Dakar, however.

Banking hours: Mon-Fri 0800-1115 and 1430-1630