Equus Journeys
HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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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	**8 days/ 6 days riding**	**From £1,728**	


Discover the Delta of the Sine Saloum on horseback


Explore Senegal in the saddle


Swimming in the ocean!

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 able to rest and relax and explore the farm before your first day riding tomorrow. Dinner included.

Important: Senegal is a French-speaking country and international tourism isn't fully developed yet. Your guide Ibou speaks basic English but it is likely the rest of the group will be French speakers. Drivers, restaurant/hotel staff may not speak any English at all. A basic command of the French language and a sense of adaptability is strongly recommended to join this trail. If you do not speak any French, please contact us before booking.

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 Thiossane Lodge, a simple guesthouse 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, Fadial, 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 Fadial; 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.

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.

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 Djilorbefore reaching the Source aux Lamantins, 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 Ndofane.

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.

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!

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
21/11/2026	28/11/2026	£1,728	Full

05/12/2026	12/12/2026	£1,974	Full
19/12/2026	26/12/2026	£1,974	Guaranteed departure
23/01/2027	30/01/2027	£1,974	Full
06/02/2027	13/02/2027	£1,974	Guaranteed departure
20/02/2027	27/02/2027	£1,974	Full
06/03/2027	13/03/2027	£1,974	Open
20/03/2027	27/03/2027	£1,974	Guaranteed departure
03/04/2027	10/04/2027	£1,974	Guaranteed departure
17/04/2027	24/04/2027	£1,974	Guaranteed departure

Price details

- The above prices do not include flights. They are calculated per adult in a standard double room

- Groups are made up of 3 - 5 riders international riders, plus guide (6 on certain dates).

- Solo riders will be given a single room, expect at the equestrian farm when they might have to share with another rider of the same gender.

- The departure of this ride can be guaranteed for a group of 2 riders with the payment a supplementary charge of c. €200/£175/$235, per person.

- 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: €40/£30/$45 from the airport, or €55/£50/$60 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
Dinner at the guesthouses: no drinks included other than water.
At the equestrian farm (first/last nights) and for picnic lunches: juice and soft drinks, tea and water included.

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
Drinks and personal extras in hotels and restaurants.
Please note that accommodations do not accept Euros or credit cards. You will have to pay for your orders in CFA.

TRANSPORT

Airport transfers if the arrival/ departure times are different to those of the first person to sign up for the ride
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 1lb

Guide & 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 knoweldge of English, perfectly adequate for general instructions but limited when it comes to long discussions.

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 1lb

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: Senegal is a French-speaking country and international tourism isn't fully developed yet. Your guide Ibou speaks basic English but it is likely the rest of the group will be French speakers. Drivers, restaurant/hotel staff may not speak any English at all. A basic command of the French language and a sense of adaptability is strongly recommended to join this trail. If you do not speak any French, please contact us before booking.

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 there.

Throughout the ride, you will be staying in a variety of guesthouses giving you the opportunity to meet hospitable Senegalese locals. 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.

Please note that some of the accommodations are very simple, and hot showers may not be available every night.

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.

Dinner at the guesthouses: no drinks included other than water.
At the equestrian farm (first/last nights) and for picnic lunches: juice and soft drinks, tea and water included.

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.

TIPS

It is customary to leave a tip to the local team. You may wish to plan a tip of around €40-50 for the whole team (25 000-35 000 CFA)

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 immerged parts of the Delta and then your boots, chaps and breeches will be immerged 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 bumbag 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 you 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.

SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please see this page .