

November 12 - 17, 2023

6 DAYS, 5 NIGHTS

# SENEGAL

(TRADITIONAL TRAVEL EXPERIENCE)

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## Traditional Travel with Sisters Traveling Solo

Sisters Traveling Solo traditional trip experiences are fun and experiential tours that are designed for those sisters wanting to visit popular tourist destinations. These tours are great for beginners to the most experienced travelers. Be sure to bring your camera, because we plan these trips to be packed with post worthy instagram moments.

Be sure to tag us @sisterstravelingsolo on Instagram.

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## Country Overview

Whether you are looking for history or just a change of scenery, Senegal is West Africa's most-visited destination, which has made a strong contribution to the country's growth. The people! The attitude! The chaos! The West African nation that is as mesmerizing as it is accessible for foreigners. There's plenty of soul and with a dash of quirk to be found—whether in the legendary taxis of Dakar, or the jazz bars of St. Louis.



### Dakar, Senegal (5 nights)

Perched on the tip of a peninsula, Dakar, the capital, is a dizzying introduction to the country: elegance meets chaos, snarling traffic, vibrant markets and glittering nightlife, while nearby Île de Gorée and the beaches of Yoff and N'Gor tap to slow, lazy beats.

Upon landing in Dakar, you will see the African Renaissance Monument, which really sets the tone for your stay: an experience rich in culture.

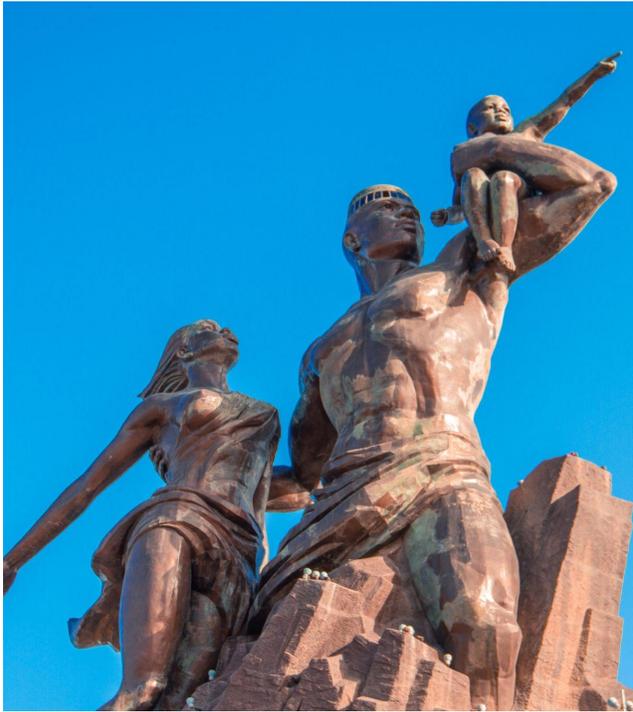


## General Information:

<b>CURRENCY:</b>	Franc Zone (CFA)
<b>CURRENT EXCHANGE RATE:</b>	1 USD = 551.50 CFA
<b>AIRPORT CODE(S):</b>	DKR (Blaise Diagne International Airport)
<b>PASSPORT REQUIREMENTS:</b>	<b>6 months of validity.</b> With 1 empty page per entry (source US State Department)
<b>VISA REQUIRED?</b>	Check <a href="http://www.visahunter.com">www.visahunter.com</a>
<b>VACCINE(S) REQUIRED FOR ENTRY?</b>	Check the local country website or US State Department. Trip participants should research all vaccine requirements.
<b>HISTORICAL WEATHER TEMPERATURE</b>	70°F - 73°F

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## Tentative Itinerary



### **DAY 1 - ARRIVAL**

Upon arrival into Blaise Diagne International Airport in Dakar, Senegal, collect your bags then head to the driver pick up area to find our driver. The driver will be holding a sign that says Sisters Traveling Solo.

After check-in, take the rest of the afternoon at leisure rewinding from the long flight.

**Meal(s) Included:** Dinner

**Hotel Check-In:** 3 PM local time.

### **DAY 2 - DAKAR CITY TOUR & WOMEN'S SHELTER**

This morning starts your personal tour of Dakar! This morning after breakfast we will tour the city of Dakar, visiting the 160 foot African Renaissance monument.

After touring Dakar city, we will take a ride to a local women's shelter. The Maison Rose aims to help women recover from psychological trauma through music, art, and other types of therapy. The women do daily activities to relax and refocus and when they are ready, begin learning professional skills.

**Meal(s) Included:** Breakfast



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## **DAY 3 - GOREE ISLAND & PINK LAKE**

The island of Gorée lies off the coast of Senegal, opposite Dakar. From the 15th to the 19th century, it was the largest slave-trading centre on the African coast. Ruled in succession by the Portuguese, Dutch, English and French, its architecture is characterized by the contrast between the grim slave-quarters and the elegant houses of the slave traders.

After taking a break for lunch we will head to Pink Lake. The ‘Dead Sea of Senegal’ Is a shocking shade of pink colored by algae and beloved by bathers, Lake Retba is a prime source of salt—and backbreaking labor.

At Senegal’s Lake Retba, also known as Lac Rose or “Pink Lake,” harvesters wade into one of the world’s saltiest lakes — even saltier than the Dead Sea — to collect 60,000 metric tons of salt per year.

**Meal(s) Included:** Breakfast, Lunch



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## **DAY 4 - FREE DAY!**

Dakar is not just Senegal's capital city, but its economic, cultural and sporting hub. Situated on the Cap-Vert peninsula, it is almost entirely surrounded by the Atlantic ocean, which offers up a number of watersports, fishing opportunities and beaches, while Dakar also hosts a wide range of stadiums and sports clubs. In addition, there is an endless number of museums, art galleries and theaters for you to dip your cultural toe into.

## **DAY 5 - SHELL ISLAND**

Touba, a 2.5-hour drive east of the Senegalese capital Dakar, is the spiritual home of the Mouride Brotherhood, a branch of Islam which holds the sanctity of work as one of its core beliefs.

It is home to the biggest mosque in West Africa, it is host to one of the world's largest pilgrimages – mentioned in the same breath as Mecca. Dress Requirements – Floor-length skirts for women (trousers are not acceptable) and head coverings are required for women to enter religious sites.

**Drive:** 2.5-hours from Dakar

**Meal(s) Included:** Breakfast, Lunch

## **DAY 6 - DEPART SENEGAL**

We hate that our time with you has not ended, but we hope to see you on another Sisters Traveling Solo experience.

After enjoying breakfast at our host hotel, feel free to head to the airport at your leisure.

As a reminder all Trip Attendees must check out of our host hotel no later than 11 AM.

**Meal(s) Included:** Breakfast



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## What's Included:

**4-Star Hotel Accommodations** - 6-nights in Dakar. Enjoy this modern design hotel in the elegant neighborhood on the Cape Verde Peninsula.

**Hotel Rooms** - Conveniently located in the heart of Dakar's business district. It is just under 1 mile from the ocean and features an outdoor swimming pool and business center. Each double room has two twin sized or queen size beds and a private bathroom. All rooms have air conditioning and access to wifi.

**City Tour Dakar (African Renaissance Monument)** - Dedicated in 2010 the massive African Renaissance Monument is a towering piece of brutal Stalinist machismo that is intended to celebrate the achievements of the African people but will likely be better remembered for the corruption and unpopular alliances that led to its construction.

**Goree Island Visit** - The island of Gorée lies off the coast of Senegal, opposite Dakar. From the 15th to the 19th century, it was the largest slave-trading centre on the African coast.

**Pink Lake Visit** - The 'Dead Sea of Senegal' Is a Shocking Shade of Pink Colored by algae and beloved by bathers, Lake Retba is a prime source of salt—and backbreaking labor.

**Women's Shelter** - The shelter aims to help women recover from psychological trauma of rape and pregnancy through music, art, and other types of therapy. The women do daily activities to relax and refocus and when they are ready, begin learning professional skills.

**Shell Island** - Fadiouth, a small village nestled on a shell island in Senegal, is a fascinating microcosm of the West African nation. Fadiouth is accompanied by a muted crunching of hundreds of clam shells. Streets are covered in layer after layer, and the entire island is built on millions of shells that have accumulated over generations. Shells are a part of everything in the town and are incorporated seamlessly into the architecture as well.

**Meals Included** - Meals as listed in above itinerary.

**Tours & Activities** - Tours and activities as listed in the trip itinerary.

**Airport Transfers** - Transfers provided on the first day of trip between 7 AM - 11 PM EST time. And between 12 AM - 11 AM on the final day of the trip.

**STS Apparel** - First time trip attendees will receive a STS bag to include a white STS t-shirt. For each trip after the first, trip attendees will receive a STS t-shirt.

**What's NOT Included:** International flights, gratuity, travel visa, travel insurance, airport transfers, or any other cost not listed in "what's included" section.