



SENEGAL

THE GAMBIA

CAPE VERDE



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THINGS TO KNOW BEFORE YOU GO

About AAT

Detailed Itinerary to be Distributed Upon Receipt of First Monthly Payment

To ensure an intimate and uninvaded experience for our travelers, certain details such as airline names, departure times, hotels and our preparation tips will be withheld until the first monthly payment is received.

All Details Are Tentative!

Despite the countless hours invested into planning this trip, the circumstance may arise where we must make changes. For example, maybe we might find out that our hotel isn't up to AAT standard or maybe our airline may go belly up bankrupt (this has actually happened)! Whatever occurs we will do everything in our powers to ensure the trip goes on as planned. And if we do have to make a change, that change will result in you going on a trip that is equal or greater than the value of what you originally paid!

Traveling Alone?

While the option is there for you to get a single occupancy room if you choose, by no means do you have to select it if traveling alone. We understand that the extra money spent in getting your own room, takes away from the money available to you to splurge.

For that reason, we extend each traveler the option of having us pair you with a suitable roommate for no additional cost. Roommates are paired based upon the answers to their personality questions on their registration form, as well as their ages and even astrological signs. At least 2 months before departure you will be given the contact information of your roommate, giving each of you the opportunity to get properly acquainted.

The Land Package

The Land Package option is for those travelers outside of the New York area that may want to join us. Selecting this option means that you will have to purchase your own flight to meet us in Senegal!

If you select this option, you will have to purchase your flight no later than

About Senegal

Entry Requirements

PASSPORT:

You must have a U.S. passport valid for 6 months.

VISA:

Visa is not required

Shots/Vaccines

Yellow fever

Weather

Daily high temperatures are around from 80°F, rarely falling below 73°F

About Cape Verde

Entry Requirements

PASSPORT:

Must be valid at time of entry.

VISA:

Visa is not required

Shots/Vaccines

None

Weather

Daily high temperatures are around from 73°F, rarely falling below 67°F

THE ITINERARIES

Senegal + Gambia Group 1

Sunday, April 10th 2022

	Arrive at Blaise Diagne International Airport (DSS)/Transfer to Hotel
7:30 PM	Depart for Host Dinner @ La Playa
10:00 PM	Return to Hotel

Monday, April 11th 2022

9:30 AM	Depart for Black Civilization Museum
11:00 AM	Depart for Goree Island
2:00 PM	Break for lunch @ Goree Island Chez Tonton
3:00 PM	Depart for African Renaissance Statue <ul style="list-style-type: none"> Wear AAT t-shirts and mask
5:00 PM	Return to Hotel

Tuesday, April 12th 2022

9:00 AM	Depart for Lac Rose <ul style="list-style-type: none"> Bring Charitable Items 	1h 30m Drive
10:30 AM	Tour Lac Rose <ul style="list-style-type: none"> Choose Between ATVs or Bus Tour 	
11:30 AM	Depart for Naming Ceremony at a Fulani Village	
1:30 PM	Break for Lunch @ Chez Salim	
3:00 PM	Depart for Senegalese Wrestling Exhibition	
5:00 PM	Depart for Dakar	5:00 PM Depart for African Cooking Class
6:30 PM	Arrive at Hotel	8:00 PM Arrive at Hotel

Wednesday, April 13th 2022

9:00 AM	Depart for Fathala Wildlife Reserve	2h 30m Drive
12:30 PM	Arrive @ Fathala Wildlife Reserve <ul style="list-style-type: none"> Choose between Safari and Lion Walk Have Lunch 	
4:30 PM	Depart for African Princess Hotel	2h Drive + 30m Ferry
7:00 PM	Arrive at African Princess Hotel	
9:00 PM	Depart for Dinner w/ Drumming @ Wild Monkey	
11:00 PM	Return to Hotel	

Thursday, April 14th 2022

1:00 PM	Depart for Tour of Banjul <ul style="list-style-type: none"> Banjul National Museum Tanji Museum Kathikaly Crocodile Pool Batiq Fabric Workshop 	
6:00 PM	Return to Hotel	
	7:30 PM	Depart for African Dance Class
	9:00 PM	Return to Hotel

Friday, April 15th 2022

9:30 AM	Depart for Kunta Kinteh Island	2h Drive + 30m Ferry
11:00 AM	Arrive at Kunteh Island/ Visit Museum	

African American Travelers

12:00 PM	Break for Lunch @ Kunta Kinteh Roots Camp Restaurant
1:00 PM	Visit Kunta Kinteh Island
3:00 PM	Return to Hotel

Saturday, April 16th 2022

12:00 PM	Check out Begins
	Transfer to Airport

African American Travelers

Senegal + Gambia Group 2

Sunday, April 17th 2022

	Arrive at Blaise Diagne International Airport (DSS)/Transfer to Hotel
7:30 PM	Depart for Host Dinner @ La Playa
10:00 PM	Return to Hotel

Monday, April 18th 2022

9:30 AM	Depart for Black Civilization Museum
11:00 AM	Depart for Goree Island
2:00 PM	Break for lunch @ Goree Island Chez Tonton
3:00 PM	Depart for African Renaissance Statue <ul style="list-style-type: none"> Wear AAT t-shirts and mask
5:00 PM	Return to Hotel

Tuesday, April 19th 2022

9:00 AM	Depart for Lac Rose <ul style="list-style-type: none"> Bring Charitable Items 	1h 30m Drive
10:30 AM	Tour Lac Rose <ul style="list-style-type: none"> Choose Between ATVs or Bus Tour 	
11:30 AM	Depart for Naming Ceremony at a Fulani Village	
1:30 PM	Break for Lunch @ Chez Salim	
3:00 PM	Depart for Senegalese Wrestling Exhibition	
5:00 PM	Depart for Dakar	5:00 PM Depart for African Cooking Class
6:30 PM	Arrive at Hotel	8:00 PM Arrive at Hotel

Wednesday, April 20th 2022

9:00 AM	Depart for Fathala Wildlife Reserve	2h 30m Drive
12:30 PM	Arrive @ Fathala Wildlife Reserve <ul style="list-style-type: none"> Choose between Safari and Lion Walk Have Lunch 	
4:30 PM	Depart for African Princess Hotel	2h Drive + 30m Ferry
7:00 PM	Arrive at African Princess Hotel	
9:00 PM	Depart for Dinner w/ Drumming @ Wild Monkey	
11:00 PM	Return to Hotel	

Thursday, April 21st 2022

1:00 PM	Depart for Tour of Banjul <ul style="list-style-type: none"> Banjul National Museum Tanji Museum Kathikaly Crocodile Pool Batiq Fabric Workshop 	
6:00 PM	Return to Hotel	
	7:30 PM	Depart for African Dance Class
	9:00 PM	Return to Hotel

African American Travelers

Friday, April 22nd 2022

9:30 AM	Depart for Kunta Kinteh Island	2h Drive + 30m Ferry
11:00 AM	Arrive at Kunteh Island/ Visit Museum	
12:00 PM	Break for Lunch @ Kunta Kinteh Roots Camp Restaurant	
1:00 PM	Visit Kunta Kinteh Island	
3:00 PM	Return to Hotel	

Saturday, April 23rd 2022

12:00 PM	Check out Begins
	Transfer to Airport

African American Travelers

Cape Verde Extension

Saturday, April 23rd 2022

7:00 PM	Checkout of Hotel/Transfer to Airport	
9:50 PM	Depart for Dakar via Air Senegal Flight No HC204	40m Flight
10:30 PM	Arrive in Dakar/Transfer to Airport Hotel	

Sunday, April 24th 2022

6:00 AM	Checkout of Hotel/Transfer to Airport	
9:20 AM	Depart for Praia Air Senegal Flight No HC207	1h 40m Flight
10:00 AM	Arrive in Praia/Transfer to Hotel	

Monday, April 25th 2022

8:00 PM	Host Dinner @ Quintal Da Musica	
11:00 PM	Arrive in Praia/Transfer to Hotel	

Tuesday, April 26th 2022

9:00 AM	Depart for Santiago Island Tour w/ Lunch <ul style="list-style-type: none">• Cidade Velha• Tarrfael• Rebelados	
5:00 PM	Return to Hotel	

Wednesday, April 27th 2022

4:00 AM	Checkout of Hotel/Transfer to Airport	
7:00 AM	Depart for Sal via Transportes Interilhas de Cabo Verde Flight No 3B804	45m Flight
7:45 AM	Arrive in Sal/Transfer to Hotel	

Thursday, April 28th 2022

1:00 PM	Depart for Island Tour <ul style="list-style-type: none">• Palmeira Village• The Blue Eye• Terra Boa Mirage• Pedra De Lume• Shark Bay	
5:00 PM	Return to the Hotel	

Friday, April 29th 2022

12:00 PM	Depart for Catamaran Tour	
4:00 PM	Return to the Hotel	

Saturday, April 30th 2022

Free Day

Sunday, May 1st 2022

4:00 PM	Checkout of Hotel/Transfer to Airport	
7:15 PM	Depart for Praia via Transportes Interilhas Cabo Verde Flight No 3B805	
8:00 PM	Arrive in Praia/Transfer to Hotel	
9:00 PM	Check into Hotel	

Monday, May 2nd 2022

12:00 PM	Checkout of Hotel/Transfer to Airport	
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IN DEPTH

Senegal

Gorée Island



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. Today it continues to serve as a reminder of human exploitation and as a sanctuary for reconciliation.

House of Slaves/Door of No Return

The House of Slaves (Maison des Esclaves) and its Door of No Return is a museum and memorial to the Atlantic slave trade on Gorée Island, 3 km off the coast of the city of Dakar, Senegal. Its museum, which was opened in 1962 and curated until Boubacar Joseph Ndiaye's death in 2009, is said to memorialise the final exit point of the slaves from Africa. While historians differ on how many African slaves were actually held in this building, as well as the relative importance of Gorée Island as a point on the Atlantic slave trade, visitors from Africa, Europe, and the Americas continue to make it an important place to remember the human toll of African slavery.



Museum of Black Civilizations



The Museum of Black Civilizations (MCN) is a public institution of an industrial and commercial nature, a legal person under public law, with its own assets and financial autonomy. Its mission is to coordinate, implement and monitor scientific and cultural studies on black civilizations.

The birth of the MCN has its roots in the 1966 World Festival of Negro Arts, itself preceded by various events. These include the Congress of Black Writers and Artists respectively held in Paris in 1956 and Rome in 1959; the wave of African independence in the 1960s, and later, the liberation wars of the 1990s. Events that also echoed the Pan-African Conferences held in London in 1900, as well as the Paris Congress in 1919 in Dar es Salaam. in 1974, Kampala in 1994 and Accra in 2014.

The museum's architecture, with a total area of approximately 14,000 square meters over four floors and an esplanade, is inspired by the Impluvium of the Casamance region of Senegal and Greater Zimbabwe.

African Renaissance Monument



The African Renaissance monument was built in 2010, opening on April 4th, and is a statue expressing a symbolized rebirth of Africa, and commemorating Senegalese independence. Constructed on the Mamelles hill, which adds a hundred meters to its already 49-meter height, it presents a commemoration of traditional African culture and heritage, both in Africa and abroad. Huge, colossal really at some 22,000 tons, and built of shining bronze, it is the largest statue of Africa and certainly a major sight for Dakar, quite

often visited for its observation deck with views over Dakar.

Lac Rose

Less than an hour away from the capital city of Senegal there is an unusual lake that will surely catch the unsuspecting visitor's eye because of its unusual yet vivid pink colour. Lake Retba (or Lac Rose as it is known by locals) is separated only by some narrow dunes from the Atlantic Ocean and, as expected its salt content is very high. Its salinity content compares to that of the Dead Sea and during the dry season it exceeds it. Its distinct pink colour is caused by the *Dunaliella salina* bacteria, which is attracted by the lake's salt content. The bacteria produces a red pigment in order to absorb the sunlight, thus giving the lake its unique colour. Its colour is especially visible during the dry season!



Senegalese Wrestling



version.

Senegalese wrestling is a type of folk wrestling traditionally performed by the Serer people and now a national sport in Senegal and parts of The Gambia, and is part of a larger West African form of traditional wrestling. The Senegalese form traditionally allows blows with the hands (*frappe*), the only one of the West African traditions to do so. As a larger confederation and championship around *Lutte Traditionnelle* has developed since the 1990s, Senegalese fighters now practice both forms, called officially *Lutte Traditionnelle sans frappe* and *Lutte Traditionnelle avec frappe* for the striking

Senegalese Cooking Class

This culinary Art of Senegal is known in West Africa as one of the finest and most appreciated culinary arts. This tour aims to make you enjoy one of the national dishes of Senegal “Tchey Bou Djenn” (rice , fish and steamed vegetable) or yassa (marinated fish or chicken, grilled on charcoal and stewed with onions, herbs and spices for then being served on steamed rice). You will experience the whole cooking process, enjoy the food you prepared and receive from the Chef your recipe.



Fathala Wildlife Reserve

Fathala Wildlife Reserve in Senegal is an area that consists of approximately 6000 hectares of original and protected forest, providing guests with the opportunity to visit an original stretch of the African wilderness in it's original condition. Visit our Mahogany Restaurant and Lounge and Day Visitor Centre for scrumptious meals and refreshments while watching the diverse birdlife or find out how Fathala Wildlife Reserve made a success of saving the rarest and most beautiful of all antelopes from extinction: The Western Giant Eland or “Lord Derby Eland.” Get more information on our range of activities including Guided Game Drives and Lion Encounter.



Gambia

Banjul City Tour

The Gambia National Museum



The museum houses three floors of exhibits. The ground floor displays the political and cultural history of the nation's capital, Banjul. On the basement level, you can learn about the musical heritage of the Gambia and see what instruments are popular throughout the country and on the second floor, you can learn about the archaeological history of West Africa and the Gambia. The floor also details the nation's colonial and post- Independence political and economic history. The museum has got a sound educational value. Gambian School children form the largest group of visitors, and the museum education program of art classes, quiz, history video shows etc. have become supplementary to civics and social studies classes. The museum is also the most important tourist attraction in the Greater Banjul Area. It is playing its role in tourism promotion. Of course, the museum embodies the countries cultural and historical identity with its photo archives detailing over 70 years of Gambian history.

Kathikaly Crocodile Pool

The most popular tourist attraction in Bakau is an ancient freshwater pool situated in the heart of the labyrinthine residential suburb of Kachikally (sometimes spelt Kachikali) about 700m south of Atlantic Boulevard. The pool is under the custody of a chiefly clan called Bojang, whose ancestors reputedly settled in the area around 500 years ago. According to oral tradition, shortly after the Bojang arrived in the area, they were visited by the fertility spirit Kachikally in the form of an apparently distraught elderly woman who pretended that her daughter was drowning in the pool. The family did everything they could to assist Kachikally, who rewarded them by entrusting the pool into their care and asking them to populate it with wildlife. A few weeks later, the family captured and released into the pool a pair of crocodiles which are ancestral to the 80 or so individuals that inhabit it today, and act as intermediaries with the spirit Kachikally. During the rainy season, many of the pool's residents disperse into the surrounding town and countryside, and you hear occasional tales of people waking up to find a young crocodile next to their bed!



Jufureh



Jufureh, Juffureh or Juffure is a town in the Gambia, 30 kilometers inland on the north bank of the River Gambia in the North Bank Division near James Island. The town is home to a museum and Fort Jillifree. Jufureh is best known for its appearance in Alex Haley's 1976 novel *Roots: The Saga of an American Family*, as the birthplace of Haley's ancestor Kunta Kinte[citation needed]. After the publication of *Roots*, Juffure became a significant tourist destination. This led to economic benefits for the town, including the construction of an elementary school, a new market aimed at tourists, and improved roads.

Kunta Kinteh Island

Kunta Kinteh Island is a small island in the Gambia River which joins the Atlantic Ocean. Its location in the middle of the river made it a strategic place to control the waterway. Visited by explorers and merchants in their search for a sea route to India it became one of the first cultural exchange zones between Africa and Europe. By 1456 the Island had been acquired by Portugal from local rulers and the construction of a fort began. Kunta Kinteh Island and Related Sites form an exceptional testimony to the different facets and phases of the African-European encounter, from the 15th to the 19th centuries. The River Gambia was particularly important forming the first trade route to the inland of Africa. The site was already a contact point with Arabs and Phoenicians before the arrival of the Portuguese in the 15th century. The region forms a cultural landscape, where the historic elements are retained in their cultural and natural context. The properties illustrate all the main periods and facets of the various stages of the African-European encounter from its earliest moments in the 15th Century through the independence period.



Cape Verde Quintal Da Musica



Quintal da Música, abbreviation: 5tal da Música is a music pub located in the downtown area of Praia, the Plateau and is located at 70A Avenida Amílcar Cabral in the northern part of the center, across Rua António Pusich and south of Rua António Macedo.

Santiago Island Tour



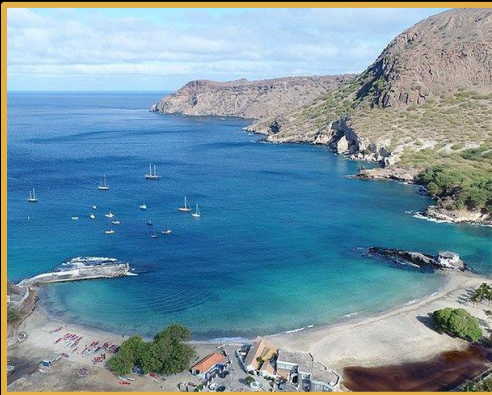
Santiago is the largest and most populated Cape Verde island. It has very valuable natural ecological and landscape resources, combining picturesque coastal and desert panoramas with cultivated valleys and inland zones. The traditional festivals and day-to-day atmosphere of the whole island makes Santiago the most African of all the islands of the archipelago.

Cidade Velha

Cidade Velha is an absolute must when in Santiago. It was the first capital of the Cape Verde islands and the first European centre to be built in the tropics. The old Ribeira Grande de Santiago is the cradle of Cape Verde culture and a living memory to the past. This is a visit of very high cultural interest. Some of the original street layout remains impressive including two churches, a royal fortress and Pillory Square with its ornate 16th century marble pillar. Cidade Velha has been inscribed on UNESCO's World Heritage List in June 2009, marking Cape Verde's entry to the international community's inventory of properties of outstanding universal value.



Tarrafal



Tarrafal is a town in the northern part of the island of Santiago, Cape Verde. Its 2010 population was 6,656 making it the fourth most largest place on the island and the second largest town. The town is sometimes known as Mangui or Mangué as its second name, its etymology is the area dominated by mango groves. It is a fishing port situated on the northwestern coast. It constitutes the seat of the Tarrafal Municipality. The city boasts a beautiful soft-sand and palm-tree lined beach in the shadow of Monte Graciosa, a distinctive mountain just north of the settlement and is situated by Baía de Tarrafal. It is a popular vacation and tourism spot for people on the island. Tarrafal is the

northern anchor of two roads, one leading through Assomada to Praia (the Cape Verdean capital) and the other through Calheta de São Miguel and Pedra Badejo.

Rebelados

The Rabelados (from the Portuguese rebelados, "rebels") are a religious community primarily found in the interior of the island of Santiago of Cape Verde. They were among the groups which revolted against the liturgical reforms of the Catholic Church introduced in the 1940s, isolating themselves from the rest of society.



Palmeira Village



Another old settlement on the island of Sal is Palmeira, whose population lives essentially from fishing activity. It is thought that its name originated from the existing date palms in Ribeira de Fontona, located south of the Palmeira bay. Considered one of the centers of industrial development, today Palmeira is the center of production of electricity and drinking water on the island.

The Blue Eye



The Blue Eye is a natural pool formed by the ocean into the lava rocks. When the light hits this natural pool from the right angle, the color turns into a magic turquoise blue reviling "the blue eye". A beautiful underwater cage turning magic blue and turquoise by the sunlight. The surroundings are pretty with the mountain Monte Leste on one side and the rough ocean on the other. The rest of the surroundings is plain flat desert.

Terra Boa Mirage



The north of Sal & Terra Boa is the true African desert. There is sand and sand as long as you can see and flat landscape except for the brown mountains to the east and west of Terra Boa. The scenery is just breathtaking, and you can feel the nature and the African breeze. The Mirage has fascinating hot light rays on the ground that reflect distant objects and the sky, which create the illusion of a desert lake.

Pedra De Lume



The village is in the northeastern part of the island of Sal, Cape Verde. The village is situated on the east coast, about 5 km east of the island capital Espargos. Pedra de Lume is famous for its salterns which began around the 18th century. Together with Cagarral, the saltworks and around the mountain forms Cape Verde's protected area. In a moon like crater of an old volcano seawater turns into salt. The colors of the salt pans are surrealistic. The white and bright pink salt pans contrast with the snow-white salt mountains and the blue sky.

Shark Bay



The sharks are lemon sharks 11ft in length, 420lb in weight, and equipped with a few dozen razor sharp teeth in the mouth. Lovers of warm water, lemon sharks take their name from their distinctive and unusual bright yellow pigmentation giving them a lemony hue as they glide and glisten beneath the waves – and are a common sight around the tropical shores of Cape Verde.

ACCOMODATIONS

Dakar Hotel



Polished rooms come with free Wi-Fi, as well as flat-screen TVs, minibars and coffeemakers; some offer sea views. Parking is complimentary. There's a sophisticated Mediterranean eatery, an Asian restaurant, and a poolside cocktail bar serving snacks. Other amenities include a fitness center, a spa and an infinity pool overlooking the ocean.

The Dakar Sea Plaza houses 3 on-site dining options and 1 bar for your enjoyment. Experience the remarkable L'Avenue Restaurant, where chefs are inspired to transform Senegal's rich history of African, Dutch, and French influences into a unique Mediterranean cuisine. Sample dishes from the Pool Side Restaurant. Freshly caught, grilled seafood is sure to please at our new Galuchat restaurant, facing the Atlantic Ocean

Gambia Hotel



Eight free-form pools meandering throughout the property. Although the pools aren't private, the ground floor rooms have direct access to the water for a refreshing dip straight from your private terrace. A further, larger pool is located close to the beachfront, where occasional pool games will take place. A buffet will be on offer for both breakfast and dinner. South Kotu has a small selection of bars and restaurants, including Lebanese, and it's only a short walk along the beach to Kotu, where you'll find further beach bars and hotel restaurants.

Praia Hotel



Overlooking Porto da Praia harbor, this relaxed hotel with a red tile roof is a 9-minute walk from Gamboa Beach, a 10-minute walk from Dona Maria Pia lighthouse, and a 13-minute walk from Núcleo Museológico da Praia. Airy rooms with tropical accents feature free Wi-Fi and flat-screen TVs; some have balconies and/or harbor views. Suites add separate living areas and/or loft bedrooms. Room service is offered. A warm restaurant offers Cape Verdean and Portuguese fare, and there's a colorful bar with harbor views. Additional amenities include an outdoor saltwater pool, a sundeck and a gym, plus a business center.

Sal Hotel



This upscale resort on Santa Maria Beach on the Atlantic Ocean is 1 km from Santa Maria Pier, 6 km from the Viveiro Botanic Garden and 19 km from Amílcar Cabral International Airport. Refined rooms with floor-to-ceiling windows feature free Wi-Fi, flat-screen TVs, minifridges, and tea and coffeemakers, as well as balconies or terraces. Some have ocean views. There are 4 restaurants and bars, plus an outdoor pool, a spa, a gym and a convenience store. Other amenities include a casino, a kids' club and direct beach access. Breakfast is available.