



SENEGAL

THE GAMBIA

+ CAPE VERDE



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TRIP SUMMARY

| Base Cost | Total | Monthly |
|---|--------------------------------------|--|
| (LO)Land Only (Must Purchase Your Own Flight) | \$2250.00 | \$200 Deposit + 6 Payments of \$341.67 |
| Trip Dates | | |
| December 27 th – January 2 nd (January 8 th w/ extension) | | |
| Included in Base Cost | | |
| 7 Day Double Occupancy Hotel Stay (Twin Bed) | Host Dinner w/ Senegalese Drumming | |
| All City Taxes | Farewell Dinner | |
| 2 Day tours of Dakar w/ Lunch | The Highly-Coveted AAT T-Shirt | |
| Goree Island Tour | Ongoing Support of the AAT staff | |
| Lac Rose Tour | Onsite Photographer + Low-Def Photos | |
| Daily Breakfast | Trip Highlight Video | |
| Add-ons and Upgrade | Total | Monthly |
| Single Room Upgrade | \$1285.00 | \$214.17 |
| African Dance Class | \$65.00 | \$10.83 |
| Senegalese Wrestling | \$45.00 | \$7.50 |
| NYE Party | TBD | TBD |
| Senegalese Cooking Class | \$55.00 | \$9.17 |
| 3 Days in Gambia <ul style="list-style-type: none"> Private Transportation 3 Day Double Occupancy Hotel Stay(Twin Bed) Tour of Kunta Kinteh Island Tour of Jufureh Banjul City Tour Safari at Fathala Reserve 3 Breakfasts/3 Lunches | \$550.00 | \$91.67 |
| 5 Days in Cape Verde Double <ul style="list-style-type: none"> Round Trip Airfare from Dakar 5 Day Double Occupancy Hotel Stay(Twin Bed) Sal Island Tour Private Catamaran Tour Daily Breakfast | \$2175.00 | \$ 362.50 |
| 5 Days in Cape Verde Single | \$3055.00 | \$509.16 |

Payment Arrangements

- Your \$200 deposit is due June 6th.
- Your first monthly payment will be collected 30 days after your deposit is made or by June 30th whichever comes first. Each of the subsequent payments will be collected every 30 days until November 30th , for a total of 6 payments (June – November)

Refund/Cancellation Policy

- Your deposit is fully refundable for 15 days after it has been paid, or until June 30th, whichever comes first.
- 50% of your deposit can be applied to a future trip within a years' time of this trip being cancelled.
- Each monthly payment becomes non-refundable 30 days after the due date for that payment.
- The trip becomes 100% non-refundable on/after November 30th.
- All trips are non-transferrable
- Refunds can take up to 30 days from the date it is requested.
- In the event we are not able to visit our main desired destination (Senegal) for any reason, this trip will be postponed to a later date(s). If you are unable to attend the new dates, we will offer you the option to go anytime on your own. Any request to cancel under this circumstance will abide by our above refund/cancellation policy.
- Travel/Cancellation insurance is highly recommended for ALL AAT trips. Please contact an AAT rep for assistance in getting you a quote.

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 selected airline goes 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 on the streets of Senegal!

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 "Tell-A-Friend" Discount

Do you know someone who may be interested in joining our trip but isn't a member of AAT? Here is your chance to save a little money while bringing them on a trip of a lifetime!

For every traveler that you refer to our trip, you can subtract \$50 from the cost of your trip. There is no limit to the amount of people you can bring if that person has not already traveled with AAT. Be sure to tell your friend to enter your name in the registration form under "How did you hear about this trip?"

Your \$50 discount will be put back on your card once you and your referral have paid in full.

The "Thank You Essential Workers" Discount

At the time of writing this, we are enduring what is certain to be labeled as the most challenging period of our lifetimes. While this situation has forced us all to make sacrifices, none of us has made a greater sacrifice than medical staff, first responders and other essential workers that have been tasked with being our lifesavers and maintainers in the face of complete uncertainty. When this is all behind us, we will owe to it you for getting us to better days.

As a token of our appreciation we would like to extend to all our many customers that are first responders or work in Medicine a \$100 discount off any single trip you book in the year of 2020.

To claim your discount, simply indicate in our registration form your occupation and follow up by emailing us a work ID or any work credentials.

Your discount will be returned to you after all payments are collected!

About Senegal

Entry Requirements

You must have a U.S. passport valid 6 month past the date of entry.

Shots/Vaccines

Yellow Fever Vaccine is required in order to enter Senegal

Weather

Daily high temperatures are around 78°F, rarely falling below 68°F or exceeding 83°F.

About The Gambia

Entry Requirements

You must have a U.S. passport valid 6 month past the date of entry. You will also have to purchase a visa upon entry for 72 USD.

Shots/Vaccines

Yellow Fever Vaccine is required in order to enter The Gambia

Weather

Daily high temperatures are around 78°F, rarely falling below 68°F or exceeding 83°F.

About Cape Verde

Entry Requirements

You must have a U.S. passport valid 6 month past the date of entry.

In addition, you must pay an Airport Security Tax of \$35 plus a single entry fee of \$60 prior to your arrival. You are able to accomplish both of these things by going to www.ease.gov.cv

Shots/Vaccines

No shots are required in order enter Cape Verde

Weather

April sees the start of the tourist season in Cape Verde while the climate stays at similar, comfortable levels as in previous months. Average daytime temperature still lingers around 73 degrees, allowing tourists to hop across islands and explore every islet in Cape Verde with ease.

THE ITINERARY

Sunday, December 27th 2020

| | |
|----------|---|
| | Arrive at Blaise Diagne International Airport (DSS) |
| 3:00 PM | Check in Starts |
| 7:30 PM | Depart for Host Dinner w/ Senegalese Drumming |
| 10:00 PM | Return to Hotel |

Monday, December 28th 2020

| | | | |
|----------|---|---------|----------------------------------|
| 8:00 AM | Depart for Dakar City Tour 1 <ul style="list-style-type: none"> • Great Mosque • President's Palace • African Renaissance Monument | | |
| 12:00 AM | Break for Lunch | | |
| 2:00 PM | Goree Island tour <ul style="list-style-type: none"> • Slave House • Door of No Return | | |
| 6:00 PM | Return to Hotel | | |
| | African Dance Class | | African Cooking Class |
| 7:00 PM | Depart for African Dance Class | 7:00 PM | Depart for African Cooking Class |
| 9:30 PM | Return to Hotel | 9:30 PM | Return to Hotel |

Tuesday, December 29th 2020

| | | |
|--------------------|------------------|-------------------------------------|
| Free Time in Dakar | 3 Days in Gambia | |
| | 7:00 AM | Checkout of Hotel/Depart for Banjul |
| | 11:00 AM | Break for Lunch |
| | 12:30 PM | Visit Jufureh & Kunta Kinteh Island |
| | 6:00 PM | Check into Banjul Hotel |

Wednesday, December 30th, 2020

| | | |
|--------------------|------------------|--|
| Free Time in Dakar | 3 Days in Gambia | |
| | 8:00 AM | Depart for Banjul City Tour w/ Lunch <ul style="list-style-type: none"> • Arch 22 • Gambia National Museum • Tanji Museum • Kathikaly Crocodile Pool |
| | 4:00 PM | Return to Hotel |

Thursday, December 31st 2020

| | | |
|--------------------|---------------------------|--|
| Free time in Dakar | 3 Days in Gambia | |
| | 7:00 AM | Depart for Dakar |
| | 10:00 AM | Fatahla Wildlife Reserve for Game Drive and Optional lion walk |
| | 5:00 PM | Arrive in Dakar |
| 10:00 PM | Depart for NYE Party(TBD) | |

| | |
|-----------|-----------------|
| 3:00 AM+1 | Return to Hotel |
|-----------|-----------------|

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|--|--|
| Friday, January 1st 2021 | |
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|----------|---------------------|
| 11:00 AM | Depart for Lac Rose |
|----------|---------------------|

| | |
|---------|-----------------|
| 1:00 PM | Break for Lunch |
|---------|-----------------|

| | |
|---------|---|
| 1:00 PM | Fulani Village/Naming Ceremony (Bring Charitable Items) |
|---------|---|

| | |
|---------|-----------------|
| 5:00 PM | Return to Hotel |
|---------|-----------------|

| | |
|-----------------------------------|--|
| Senegalese Wrestling Match | |
|-----------------------------------|--|

| | |
|---------|---------------------------------------|
| 8:00 PM | Depart for Senegalese Wrestling Match |
|---------|---------------------------------------|

| | |
|----------|-----------------|
| 10:00 PM | Return to Hotel |
|----------|-----------------|

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|--|--|
| Saturday, January 2nd 2021 | |
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| | |
|---------|-------------------------|
| 9:00 AM | Museums of Dakar Tour 2 |
|---------|-------------------------|

- Museum of Black Civilizations
- IFAN Museum of African Art

| | |
|----------|-----------------|
| 12:00 PM | Return to Hotel |
|----------|-----------------|

| | |
|---------|--------------------|
| 4:00 PM | Checkout of Begins |
|---------|--------------------|

Cape Verde Extension**Sunday, January 3rd 2021**

| | | |
|---------|--|---------------|
| 2:00 AM | Checkout of Hotel | |
| 6:00 AM | Depart Dakar via TACV Airlines Flight No VR621 | 1h 20m Flight |
| 6:20 AM | Arrive in Sal, Cape Verde/Transfer to Hotel | |
| | Free Time | |

Monday, January 4th 2021

| | | |
|---------|--|--|
| 9:00 AM | Depart for Half Day Guided tour of Sal | |
| 1:00 PM | Return to Hotel | |

Tuesday, January 5th 2021

| | | |
|---------|------------------------------------|--|
| 9:00 AM | Depart for Half Day Catamaran Tour | |
| 1:00 PM | Return to Hotel | |

Wednesday, January 6th 2021

| | | |
|--|-----------|--|
| | Free Time | |
|--|-----------|--|

Thursday, January 7th 2021

| | | |
|----------|--|---------------|
| | Free Time | |
| 9:00 PM | Checkout of Hotel | |
| 11:59 PM | Depart Sal via TACV Airlines Flight No VR620 | 1h 16m Flight |

Friday, January 8th 2021

| | | |
|----------|---|--|
| 2:15 AM | Arrive in Dakar, Senegal/Check into Hotel | |
| 12:00 PM | Checkout of Begins | |

IN DEPTH

Senegal

Grand Mosque of Dakar



The Dakar Grand Mosque is one of the most important religious buildings in the capital of Senegal. It is situated on Allée Pape Gueye Fall. Designed by French and Moroccan architects, The Grand Mosque was opened in 1964 by Hassan II, King of Morocco and Senegalese President Léopold Sédar Senghor. Richly decorated on the interior and exterior, it is stylistically similar to the Mosquée Mohammed V in Casablanca. Its minaret rises to 67 meters.

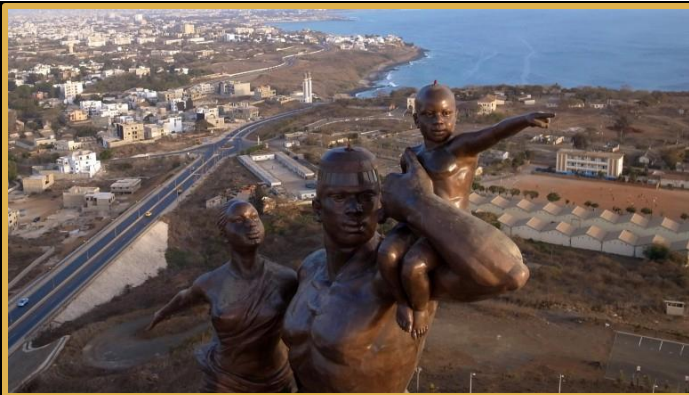
Created in 1964 and situated in the enceinte of the Grand Mosque, the Institut islamique is a public institution under the direction of the Senegalese Minister of Education, dedicated to Islamic research and teaching.

Presidential Palace

The Palace of the Republic, residence of the President of the Republic, is a historic manor located in the Plateau district of Dakar, capital city of Senegal. Built in 1902, the Palace used to be the official residence of the Governor General of French West Africa. The Palace, the construction of which was commissioned in 1902 by Gaston Doumergue, Minister of Colonies at the time, was initially built to accommodate the Governor General of French West Africa (AOF), who was living in Saint-Louis, in the capital. It was designed by Henri Deglane.



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.

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.

IFAN Museum of African Art



The museum's noteworthy collection presents an important glimpse into West African history and the visual cultures that comprise this region. Ritual masks, instruments, clothing, and weapons occupy the IFAN Museum, one of the oldest and most prominent institutions dedicated to the research and exhibition of West African art and artifacts. Founded in 1936, the museum was formerly entitled Le Musée d'Art Africain de L'Institut Fondamental d'Afrique Noire Cheikh Anta Diop IFAN/CAD and then The Théodore Monod African Art Museum (named after the French naturalist Théodore Monod). Its establishment was

notably supported by the first Senegalese president, Léopold Senghor, who served between 1960 and 1980.

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



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 version.

Bar Hopping in Dakar



Dakar has excellent nightlife, with dozens of bars and clubs that cater to both locals and foreigners. It is common for young Senegalese to go out around midnight and dance until 6 or 7 in the morning. For our last night in Dakar we will be hitting up 2 of the best night clubs, Vogue Night Club and Patio Night Club on a private party bus! Tables and bottles will be waiting at both locations upon our arrival!

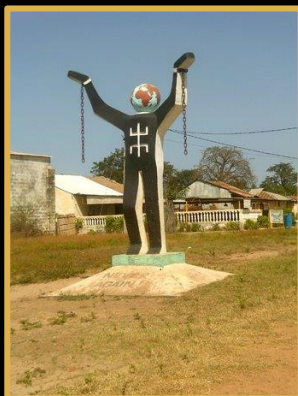
Senegalese Cooking Class

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.



The Gambia

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.

Banjul City Tour

Arch 22

Arch 22 is a commemorative arch on the road into Banjul in the Gambia. It was built in 1996 to mark the military coup d'état of July 22, 1994, through which Yahya Jammeh and his Armed Forces Provisional Ruling Council overthrew the democratically elected Gambian government. The Arch stands on the Banjul-Serrekunda Highway, near the traffic island at the intersection with Box Bar Road, Independence Drive, and Marina Parade. A statue of the "unknown soldier" can be seen near the base of the arch: the soldier has a rifle strapped to his back and carries a baby in one hand while signaling victory (making a V-sign) with the other. Arch 22 is depicted on the back of the 100-dalasis banknote.



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 country's cultural and historical identity with its photo archives detailing over 70 years of Gambian history.

Tanji Village Museum

The Tanji Village Museum is The Gambia's first privately operated museum, and was set up in 1997 by Mr. Abdoulaye Bayo, a former curator at the National Museum in Banjul. It is located 32km from the capital of Banjul, about 2km south of the fishing village, and lies along the Kombo Coastal Road. The various structures that hold the ethnographic exhibits, such as tribal artifacts, a photo gallery of the vegetation and birds of The Gambia, are inside African style round huts.



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!

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 its 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.



Cape Verde**Sal Day Tour**

Discover the highlights, the history and the day to day life of Sal and the Cape Verdeans on a half day, guided, island tour with several stops. The route starts at Ponta Preta, the most beautiful beach of the island where in February the windsurf championships are held, Murdeira, the natural port of the island, which is also the mating place of the loggerhead turtles, Palmeira, the main port of the island with all its colorful houses, Burracona, with its two natural swimming pools, Terra Boa, where you can see the mirage, the volcano of Pedra de Lume with possible entrance to float in the world's second most salty water, Espargos, the capital city of Sal and return to Santa Maria.

**Catamaran Half-Day Tour**

After the pick up at your hotel you will be brought to Palmeira, the main port of the island, from where you will embark a great relaxing tour on the sea. After one hour of sailing by the coast the catamaran will stop in the Murdeira bay where you can do snorkeling, fishing, swim or simply relax on board. On the way back you will have a great animation program by the crew. The tour includes snack, drinks and all the necessary equipment for fishing and snorkeling. From February to March and in September you have the possibility to see whales. Snacks, beverages and snorkel gear included.