

STAY



TAMA LODGE (MBOUR)

Mbour, Petit Côte, Senegal
www.tamalodge.com
 Rooms from EUR 135

Built directly on the sand on one of the most beautiful beaches on Senegal's coast, this beach lodge is a haven of peace and tranquility.

EAT & DRINK (DAKAR)

BAYÉKOÙ

Ngor Beach, Dakar
www.facebook.com/bayekou/

This open air restaurant and bar, located on the vibrant Ngor Beach, is one of Dakar's newest hip hangouts. Come for lunch, dinner or for sunset drinks.



Rue Mousse Diop, Dakar

Come here for an authentic Senegalese meal and a local vibe right in the heart of central Dakar. This popular spot is always buzzing and filled with loyal Dakarois on their lunch break.

CHEZ LOUTCHA



PHARE DES MAMELLES

www.pharedesmamelles.com

Nestled on top of one of Dakar's Mamelles, two hills on the city's western corniche, this stylish restaurant-bar at the base of a 19th-century lighthouse boasts some of the best views of the city's coastline.



SEE



GORÉE ISLAND (DAKAR)

Once Africa's largest slave-trading posts, this island was controlled variously by the Portuguese, Dutch, English and French. Take a trip back in time, explore the beautiful colonial architecture and visit the House of Slaves.

LAC ROSE



Lake Retba, known almost universally as Lac Rose, is Senegal's very own Dead Sea. Situated 29 kilometres north-east of Dakar, this shallow lake is so named because its remarkably high salt content turns the water into varying shades of pink.



DELTA DU SALOUM

Parc National du Delta du Saloum

Established in 1976, this lush national park and UNESCO world heritage site, is a water-filled wonderland with mangroves, salt marshes, islands and woodland, all part of the great delta's backdrop.

SHOP / SPORTS / RELAX

KERMEL MARKET (DAKAR)

Rue de Essarts, Dakar

If you are looking for a souvenir to take home from Senegal, head to Marché Kermel. You'll find traditional African masks, jewellery, cloth, woven baskets, and other arts & crafts.



In Senegal, traditional wrestling has its roots in the culture and community of rural villages - particularly among the Serer people. Don't miss watching the wrestlers practice on one of the beaches along the coast or at the 2018 National Wrestling Arena in Dakar.

LUTTE SENEGALAISE



YOFF BEACH (DAKAR)

Yoff beach, in the north of Dakar, is a beautiful and very crowded city beach, alive with music, dance, all sorts of water sports and even some Senegalese wrestling. Be sure to stick around for the gorgeous sunset, too.

