Discover eastern Senegal, the authentic Africa on bike
Several formulas from 1 to 10 days and made to measure
Stéphane Kerdudo, the initiator of the project, is a cycling enthusiast who, after a few years spent in Madagascar, returns to the land of the famous Téranga, Senegal, with which he is resolutely in love.

Already in Madagascar, with his friend Stéphane Lacas, they are organizing, in 2012, tours around the island and a popular mountain bike championship, which was a great success with the population. In 2018, back in Senegal, Stéphane Kerdudo decides to recreate this atmosphere of sharing around the sport and sets up Téranga Bike.

Téranga Bike Adventure proposes you to reconnect with your adventurous spirit by making you discover, by bike, carefully chosen routes, far from the noise and urban pollution, during your holidays or just for a nice escape; with family, friends or colleagues, why not.

Téranga Bike is made up of a young and passionate team that will guide you safely in a Senegal that still knows how to be authentic.
The equipment

Teranga Bike is registered trademark EXS for Senegal. Our bikes, made in France, are equipped with aluminium frame, shimano hydraulic disc brakes, shimano Acera derailleur, shimano indexed shifters, 24 speeds and tubeless tires, and have, for your safety and comfort, a tube of preventive liquid for punctures and a canister holder.

Good To Know

- The proposed tours are available to everyone, with a minimum physical condition.
- A short introduction to cycling is offered before your departure.
- The sometimes rudimentary conditions during the hikes and bivouacs should not overcome your determination.
- The bivouac is made of a 2-seater tent provided by Téranga.Bike.Adventure as well as the mattress that accompanies it.
- You will have to bring a sleeping

Medical Assistance

All participants must have a repatriation insurance (the purchase of your flight ticket by Gold card includes it).
An agreement has been signed between Téranga.Bike.Adventure and the Kédougou Health Centre, represented by the President of the Health Committee Mr Seiny KEITA.
In case of accident, or medical problem, an evacuation on the circuit is possible 24H/24 and 7D/7.

Technical assistance

An assistance motorcycle will be part of the adventure. It will carry water, tools, mechanical consumables and a first aid kit. A 4X4 pickup will carry the luggage to our daily destination.
Téranga Bike Adventure will make you discover Eastern Senegal, 700 KM from Dakar.

It is one of the secular regions of the country. The one that only reveals its secrets to those who know how to respect its lands and cultures. Braving the tracks by bike (means of transport of the region to go to the field, to school or to the market), you will discover beautiful waterfalls on the side of the green mountains near neighbouring Guinea, thick forests, plateaus strewn with impressive termite mounds and mushrooms or beautiful cotton fields, nestled in the heart of the savannah ...

You will cross rivers and bridges made of bamboo or tree trunks. You will also set foot on land to pass along certain rivers...

You will pass through the villages that make up the Bassari Landscape, a UNESCO World Heritage Site. An atypical and authentic cultural landscape where the Bedik, Bassari and Fulani peoples live in harmony, populations with rich, ancestral and still preserved traditions.
ARRIVES ON FRIDAY

DAY 1 AIRPORT Blaise-Diagne (AIBD) - POPENGUINE

Arrival at the airport and transfer to Popenguine by air-conditioned vehicle. About 20 minutes drive.
DAY 2 POPenguine – KEDOUGOU

• Departure 6:00 a.m.
• 700KM.
• By bus.
• Arrival at 4:00 pm

Departure from Popenguine very early in the morning, by air-conditioned bus, to reach Kédougou, in eastern Senegal.

You will go through Mbour, Kaolack and Kaffrine.

A lunch break is planned at the *Relais de Tamba*, then direction Mako and finally Kédougou, at the *Relais le Bedik*. 
**DAY 3 KEDOUGOU – SEGOU**

- 23 km, height difference +150 - 80 meters.
- Estimated time between 2H30 and 3H00.
- Departure after breakfast between 8H00 and 8H30.

From **the hotel Le Bedik**, you will take a single track on a distance of 10 km along the Gambia River. On this tree-lined track, you will drive well protected from the sun's rays.

Then you will pass by a seasonal marigot, which dries up from December onwards. You will then pass through an imposing forest, before joining a laterite track bordered by Fulani villages for 5 km. At this point, you cross the forest again before arriving in Ségou, which offers a panoramic view of the hills.

You will be able to pass to the **Téranga camp** where the manager, Mamadou Camara, will serve you a hearty meal.

In the afternoon, you can borrow a pick-up truck to visit the Ségou Falls and possibly see monkeys and chimpanzees in their natural environment.
**DAY 4  SEGOU - IBEL**

- 25km, height difference +170 -210 meters.
- Estimated time between 3H00 and 3H30.
- Departure after breakfast between 7h30 and 8h00.

- You will take the Ségou-Dindéfelo track, before reaching single lateritic or sandy tracks, rolling in places. Going up towards the village of Ibel, you will pass through different small forests of bamboo and cailcedrat well shaded where you can meet young people on their way to school by bike.

As you leave Nathia you will see the hills of Iwol. In Ibel, a picturesque village, the bivouac will be waiting for you at the inhabitant's house (Mr and Mrs Diallo). After the meal, a walk of 30 to 40 minutes will allow you to reach Iwol, an emblematic village of the Bedik country.
DAY 5  **IBEL - NINEFECHA**

- 28km, height difference +230 - 260 meters.
- Estimated time between 3H00 and 3H30.
- Departure after breakfast between 7h30 and 8h00.

From Ibel, you will take single tracks along the hillside for 10 km, before catching up with a large lateritic track for about 5 to 6 km. Then, direction the village of Mamakono, a typical bedik village. You will be able to see the traditional fonio granaries.

On the spot, life is concentrated around the cultivation of cotton. Depending on the season, you will be able to observe the harvest. Between March and April, you can attend the initiation ceremonies typical Bedik. From Mamakono, you can continue on to Ninéfécha, a mixed village where Fulani Muslims and Catholic or animist Bediks live in perfect harmony.

On the spot, the bivouac awaits you with, in the evening, sessions of traditional dances and music.
DAY 6 IBEL - WOURIDJE

• 36 km, height difference + 270 -280 meters.
• Estimated time between 3H30 and 4H00.
• Departure after breakfast between 7h30 and 8h00.

Starting from Ninéfécha, you will take the north, following tracks along valleys. You will plunge into the forest of néré and rafia palm, whose production will be destined for the weekly market of Thiokoye which takes place every Tuesday. You will then pass on trays of termite mounds and mushrooms.

The village of Wouridié will be an ideal place to set up the bivouac. You will discover there all the meaning of Teranga.

In the evening, the Cinécyclo association will offer you a pure moment of happiness and sharing with a movie night.
DAY 7  WOURIDJE – THIABE CARRE

- 22 km, height difference +170 - 120 meters.
- Estimated time between 2H30 and 3H00.
- Departure after breakfast between 8H00 and 8H30.

Leaving Wouridjé, you will follow single tracks, passing through mango orchards and a forest of rooks. You will cross Fulani villages and pass in front of marigots, small arms of rivers will cross liana bridges.

Between December and January, the water will flow there until mid-calf. These rivers will dry up afterwards. In this exotic environment, you will drive on tracks lined with kinkeliba shrubs, overlooking the Gambia River.

Arrival at Thiabé Carré, Alpha Diallo will welcome you in his camp with atypical huts, installed on the heights of the Gambia River and will share with you his social commitment with his association Tako Mayo.
DAY 8  THIABE CARRE - KEDOUGOU

- 29 km, elevation gain +220 -220 meters.
- Estimated time between 3H00 and 3H30.
- Departure after breakfast between 8H00 and 8H30.

Leaving Thiabé carré, you will cross small paths, before going down to the Gambia River, where a pirogue will be waiting for you to cross the river.

You will then take single tracks, to go along corn, millet and cotton fields until the entrance of Kédougou, where you will finish your journey with some tar to the hotel le Bedik. On the spot, you will enjoy a free afternoon, with rest and/or swimming pool.
JOUR 9 KEDOUGOU – WASSADOU

- 150 KM.
- Estimated time between 2H00 and 2H30.
- Journey by bus.

Departure after breakfast for Wassadou, 70 km from Tambacounda, on the road to Kédougou.

The camping-hotel of Wassadou is located at the edge of the Niokolo koba Park, superb observation point of the fauna of Eastern Senegal. With a bit of luck, you will be able to meet hippos lazing in the waters of the river.
DAY 10 WASSADOU – AEROPORT
Depending on the time of your flight, morning relax, departure to Popenguine, then transfer to the airport.
Teranga Bike Adventure is involved during these trips, in solidarity and participative actions, either by collecting school supplies (pens, pencils, markers, notebooks etc.), books and educational toys for children; or by concrete actions to improve the life of the populations we meet (construction of a well, manufacture of school furniture, reforestation, renewable energy etc.).

During these social actions, the team joins forces with Alpha Diallo in Thiabé Carré. Its association, Tako Mayo (near the river), is a training centre based on sewing. This centre supports the accompaniment and socio-economic integration of young girls who are victims of dropping out of school and early marriage.

They come from different villages in Senegal and Guinea. At the end of their training, they leave with a sewing machine to open their own sewing workshop.

You will also accompany the Cinécyclo association which, thanks to a mobile video broadcasting station, organizes screenings in the surrounding villages. Fun little challenge: you will have to pedal to generate the energy that will allow the inhabitants to see the film...
<table>
<thead>
<tr>
<th>Day</th>
<th>Accommodation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day</td>
<td>Keur Cupaam Popenguine (double room or double bed)</td>
</tr>
<tr>
<td>2 day</td>
<td>Campement le Bedik Kédougou (double room)</td>
</tr>
<tr>
<td>3 day</td>
<td>Campement Téranga Ségou (in hut, shower and toilet available)</td>
</tr>
<tr>
<td>4 day bivouac</td>
<td>IBEL (tent, shower and toilet available)</td>
</tr>
<tr>
<td>5 day</td>
<td>NINEFECHA (in hut, shower and toilet available)</td>
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<tr>
<td>6 day bivouac</td>
<td>WOURIDJE (tent, shower and toilet available)</td>
</tr>
<tr>
<td>7 day</td>
<td>Campement Thiabé carre (double room)</td>
</tr>
<tr>
<td>8 day</td>
<td>Campement le Bedik Kédougou (double room)</td>
</tr>
<tr>
<td>9 day</td>
<td>Campement Wassadou (double room)</td>
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# RATE AND SERVICES

The minimum number of people is 4 and the maximum is 12.

<table>
<thead>
<tr>
<th>RATE</th>
<th>Euros/pers</th>
<th>CFA/pers</th>
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<tbody>
<tr>
<td>De 4 à 5 pers</td>
<td>1220</td>
<td>793 000</td>
</tr>
<tr>
<td>De 6 à 7 pers</td>
<td>1140</td>
<td>741 000</td>
</tr>
<tr>
<td>De 8 à 9 pers</td>
<td>1070</td>
<td>695 500</td>
</tr>
<tr>
<td>De 10 à 11 pers</td>
<td>990</td>
<td>643 500</td>
</tr>
<tr>
<td>12 pers</td>
<td>950</td>
<td>617 500</td>
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<tr>
<td>More than 12 PERS</td>
<td></td>
<td></td>
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<tr>
<td>on request</td>
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<tr>
<td>Single supplement</td>
<td>200</td>
<td>131 000</td>
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</tbody>
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### Included in the price

- Transfer in air-conditioned car
- Bicycle, helmet, tent, mattress and water
- Lodging. Full board during the whole stay except on the day of arrival and departure.
- All events during your stay: Cinecyclo evening, traditional evening, etc.
- Crossing in dugout canoe, ride in dugout canoe

### Not Included in the tariff

- Return flight
- Drinks (excluding water) during meals and bike tours
- Personal expenses
- Repatriation Travel Insurance
- Sleeping bag, pillow
- Contribution to the associations met.
INFORMATION and BOOKING:

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