Discover the Sine Saloum and its Delta, the authentic Africa ... by bike.
TERANGA.BIKE
ADVENTURE

Several formulas from 1 to 10 days and made to measure
For the record...

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 bag.

**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 Health Centers In case of accident, medical problem and evacuation on the circuit 24H/24 and 7D/7. **an evacuation on the circuit is possible** 24H/24 and 7D/7.

**Technical assistance**

A 4X4 pickup will transport the luggage to our daily destination.
**Téranga Bike Adventure** will make you discover the small coast, the Sine Saloum and its delta.

First of all the department of Mbour, in the region of Thies, with Popenguine, Somone and its Delta, Sipam, TASET... The soil of this region being very fertile, you will pass through many villages and farms on tracks lined with baobabs, the emblematic tree of Senegal.

Then you will pass through the most beautiful natural region of Senegal: the Sine Saloum. Its national park of the Saloum Delta, its backwaters, forests, mangroves, lagoons, sandy cordons offer you a rich diversity of ecosystems.

Joal Fadiouth (where Léopold Sédar Senghor, first president of the Republic of Senegal, was born), Palmarin, Djiffer, Toubacouta, among others, will delight you, between land and sea, by the welcome of their population and the variety of landscapes....
ARRIVES ON FRIDAY

Day 1 AEROPORT Blaise-Diagne (AIBD) – POPENGUINE

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

Options 1

- 28 km, height difference +/- 225 metres
- Estimated time between 2H30 and 3H00
- Departure after breakfast between 8:30 and 9:00 am.

You will leave the Popenguine nature reserve in the direction of the heights of Guéréo by a laterite track. There you will enjoy a superb view of the Somone lagoon then you will follow the Somone tanning through Small sandy tracks relatively rolling and lined with baobabs.

This point marks the finish of the first stage at the Accro-baobab.

After lunch and a short nap, you will be able to fully enjoy the various activities of the Accro-baobab.
DAY 2  POPENGUINE – ACCROBAOBAB

Options 2

- 43 km, height difference +/- 350 metres
- Estimated time between 3H30 and 4H00
- Departure after breakfast between 7.45 and 8.10 am.

You will depart from the nature reserve of Popenguine in the direction of the hills of Ndayane by a laterite and sandy rolling track. You will cross orchards lined with baobab trees before plunging along the hills of Popenguine serere to join Kiniabour by laterite tracks then direction the heights of Guéréo to enjoy a superb view of the Somone lagoon. You will follow the tanning of Somone through small sandy tracks relatively rolling and lined with baobab trees.

After lunch and a short nap, you will be able to fully enjoy the various activities of the Accro-baobab.
DAY 3  ACCROBAOBAB – SIPANE

• 33 km, height difference +- 200 metres
• estimated time between 3H00 and 3H30
• Departure after breakfast between 8:00 and 8:30 am

You will leave the seaside to enter the Senegalese bush.

At the beginning, you will recover and go along the reserve of Bandia to then take hard tracks through the forest of Bandia where baobabs and acacias rise and border various orchards and farms.

At the bend in the road, it is possible to see patas monkeys or green monkeys.

You will arrive at the farm Hallier producer of organic peppers in Sipane for the bivouac.

After the meal and a little nap, you will visit the reserve of Bandia.
DAY 4  SIPANE – NIANING

Option 1

• 35 km, height difference ± 20 meters
• estimated time between 3H00 and 3H30
• Departure after breakfast between 8:00 and 8:30 am.

At the start, you will ride on hard tracks through the forest of Bandia with baobabs and acacias that border various orchards and farms. On arrival in Taset, a small stretch of soft sand awaits you on a hundred meters.

On leaving Taset, you will take a laterite track to Tieneba and then, you will drive on small hard tracks used by various herds of oxen and biquettes with always the same scenery of acacias and baobabs as far as the eye can see. Return on a laterite track to the Mbour-Kaolack national road.

A transfer by car is then planned to Nianing. After lunch and a short nap, you can visit the Warang liquor factory or the shell-shaped church of Nianing.
Day 4  Sipane – Nianing

Option 2

- 50 km, height difference +- 20 meters
- Estimated time between 4H30 and 5H00
- Departure after breakfast between 7:15 and 7:30 am.

At the start, you will ride on hard tracks through the forest of Bandia with baobabs and acacias that border various orchards and farms. On arrival in Taset, a small piece of soft sand awaits you on a hundred meters. On leaving Taset, you will take a laterite track to Tiebena and then you will drive on small hard tracks used by various herds of oxen, biquettes with always the acacias and baobab forest. Return on a laterite track to the Mbour-Kaolack national road.

Once on the other side of the road, you will follow sandy hard tracks with stretches of slack passing through Serer villages to reach Nianing.

After lunch and a short nap, you can visit the Warang liquor factory or the shell-shaped church of Nianing.
DAY 5 NIANING – FAOYE

- 50 km, height difference +- 60 meters
- estimated time between 4H30 and 5H00
- Departure after breakfast between 7:30 and 7:45.

You will start, on a small distance, by hard and soft sand tracks to leave the village of Nianing.

You will then take hard tracks to cross the forest of Nianing and reach the village of Ndiamane. By large laterite tracks very rolling, lined with baobabs, roasters and cheese makers, you will reach the villages ofNguénène, Boyar, Djilas; from where you will leave, by road for 2 km, before plunging on hard tanning. A last laterite track will lead you to the small Serere village of Faoye where small straw huts await you for the night.

After the meal and a little nap, you will enjoy the quietness of the place and its small beach.
**DAY 6 FAOYE – YAYEME**

- 27 km, difference in altitude +/− 45 metres
- estimated time between 2H30 and 3H00
- Departure 15H00.

In the morning, breakfast followed by a pirogue ride in the bolongs in the direction of Sakhor or Bird Island. Return to the camp for lunch around 12:00.

You will take the bike to join Yayeme. From the village, you will take the same tracks as the day before for 7km before taking a sandy track for 3km, to reach a sacred baobab tree full of history.

Then you will plunge on the tanne, where large spaces await you, by cart tracks bordering the lagoon to arrive at Fimela. There will be only 3km of road left to reach the camp through a forest of rôniers and baobabs pierced by a magnificent sunset.
DAY 7 YAYEME – PALMARIN

- 45 km, height difference ± 60 meters
- estimated time between 3H30 and 4H00
- Departure after breakfast between 7:30 and 7:45.

Departure from YAYEME by the national road, on 4 km. You will then continue on the tanne, where some parts of the road are encircled by the lagoon until the entrance of Palmarin. You will enter the community, natural and protected reserve of Palmarin. Following the salt wells, you will cross the Niassam Hills with a magnificent view of beautiful ancestral baobabs. Continuing your way by cart tracks crossing the salt marshes, the bolongs, you will be able to see herons or hear the sacred ibis: superb setting!!

You will then arrive in Palmarin, for a bivouac with the Nebeday association, whose main objective is the participative management of natural resources by and for the local populations.

After a traditional meal and a little nap, you will go by cart in the reserve, before sunset, to see the wild spotted hyenas. The NGO Nebeday will give you a film discussion about their work.
DAY 8 PALMARIN

Participatory day.

Breakfast then at 9H00. You will then go to the field with the Nebeday staff, in order to get to know their work better. Nebeday's main objective is the participatory management of natural resources by and for local people.

After lunch,

For the afternoon, we will be with an association for the disabled called "J'aime Rêver" which takes care of the education of children whatever the type and degree of their disability. Through various school activities: reading, writing, maths... and extra-curricular activities: psychomotricity, photography, outings, new technologies, sewing (if you have fabrics to make them...).

"J'aime Rêver" wants to make known the right of disabled children to education and to facilitate their integration in the community.

Nebeday supports and accompanies all the actors of the Palmarin Community Nature Reserve in the protection, management and enhancement of this protected area. Awareness raising, capacity building and ecotourism are at the heart of this initiative.

The Palmarin Community Nature Reserve is located in central-western Senegal, in the wetlands of the Saloum Delta Biosphere Reserve, which is composed of three ecosystems (mangrove forests, lagoons, savannah), the 10,430 hectares of the reserve offer an exceptional wealth of fauna, flora, heritage and culture.

With your support, we are taking concrete action for disabled children for whom there is currently no care available. The project consists of the construction of a school, named "Jacobo Romero Riviera", created in his honour. This project is an opportunity to claim the right to education for all and to affirm the need to promote the educational and social integration of children with disabilities.
Day 9 Palmarin – Bambug

- 4 km, elevation gain +- 30 meters, time, estimated between 0H15 and 0H30
- 12 km, difference in altitude +- 50 meters, estimated time between 1H00 and 1H30
- Departure after breakfast between 7:30 and 8:00 am.

Departure from Palmarin by road to Djiffer between the ocean and the Saloum river to reach the pier.

On board a pirogue, you will cross the Sine-Saloum delta classified as a World Heritage Site and listed as a biosphere reserve by UNESCO. It is the sixth largest estuary in the world in terms of ichtyo - wildlife diversity and the second largest national park in Senegal after Niokolo-Koba.

In a swampy maze of mangroves and bolongs, you will be able to see a multitude of birds, about 95 species cohabit here: grey pelicans, Goliath herons, white-throated egrets etc. You will land on a beach in Diogaye for the last bike ride of your stay. 12 km await you on tanned tracks to the village of Keur Bamboung, an ecotourism camp made of eight straw huts bordering the lagoon in a landscape out of the ordinary.

After the meal, possibility of swimming and if the tide allows it, you can follow a track in the mangrove in total silence to hope to see monkeys, otters etc.
DAY 10 BAMBOUNG – TOUBACOUTA

- 18 km, height difference +- 60 meters
- Estimated time between 2H30 and 3H00
- Departure after breakfast between 8:30 and 9:00 am.

You will go from Keur Bamboung to Sipo, 600 meters away, to take the dugout canoe for about twenty minutes and reach Dassilame serere.

You will then take the cart tracks criss-crossing the small villages with a passage in the classified forest of Sangako to finally arrive in Toubacouta where another team of Nebeday will welcome you for a bivouac and to share a meal at the end of your stay mixing traditional Serer dances, relaxation and good mood.
DAY 11 TOUBACOUTA – AEROPORT
Visit of Toubacouta, swimming in the Sine-Saloum and last meal before departure to Popenguine then transfer to the airport.
<table>
<thead>
<tr>
<th>DAY</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Keur Cupaam</td>
<td>(double room or double bed)</td>
</tr>
<tr>
<td>2</td>
<td>Acrro baobab dortoir</td>
<td>(simple Bed)</td>
</tr>
<tr>
<td>3 bivouac</td>
<td>Tent cover</td>
<td>(shower and toilet available)</td>
</tr>
<tr>
<td>4</td>
<td>Le Warang hôtel</td>
<td>(double room or double bed)</td>
</tr>
<tr>
<td>5</td>
<td>Campement Solidaire de Faoye</td>
<td>typical straw hut (shower and toilet available)</td>
</tr>
<tr>
<td>6</td>
<td>Le Boundao Lodge Yayeme</td>
<td>(double room or double bed)</td>
</tr>
<tr>
<td>7 bivouac</td>
<td>Tent cover</td>
<td>(shower and toilet available)</td>
</tr>
<tr>
<td>8 bivouac</td>
<td>Tent cover</td>
<td>(shower and toilet available)</td>
</tr>
<tr>
<td>9</td>
<td>Campement Solidaire de BAMBOUNG</td>
<td>typical straw hut (shower and toilet available)</td>
</tr>
<tr>
<td>10</td>
<td>Tent cover</td>
<td>(shower and toilet available)</td>
</tr>
<tr>
<td>11</td>
<td>Keur Cupaam Dormitory</td>
<td>For people who travel in the evening to rest and take a shower</td>
</tr>
</tbody>
</table>
RATES 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>
<th>Included in the price</th>
<th>Not Included in the tariff</th>
</tr>
</thead>
<tbody>
<tr>
<td>De 4 à 5 pers</td>
<td>1190</td>
<td>773 500</td>
<td>Transfer in air-conditioned car</td>
<td>Go and Return flight</td>
</tr>
<tr>
<td>De 6 à 7 pers</td>
<td>1130</td>
<td>734 500</td>
<td>Bike, helmet, tent cover, mattress</td>
<td>Drinks (excluding water) during meals and bike tours</td>
</tr>
<tr>
<td>De 8 à 9 pers</td>
<td>1070</td>
<td>695 500</td>
<td>Hosting</td>
<td>Personal expenses</td>
</tr>
<tr>
<td>De 10 à 11 pers</td>
<td>1010</td>
<td>656 500</td>
<td>Full board during the whole stay except on the day of</td>
<td>Repatriation Travel Insurance</td>
</tr>
<tr>
<td>12 Pers</td>
<td>980</td>
<td>637 000</td>
<td>arrival and departure.</td>
<td>Sleeping bag, pillow</td>
</tr>
<tr>
<td>MORE THAN 12 PERS ON REQUEST</td>
<td></td>
<td></td>
<td>Entrance to all the Accro Baobab sites, Bandia reserve, Bird Island, Palmarin reserve.</td>
<td>Contribution to the associations met</td>
</tr>
<tr>
<td>Supplément single</td>
<td>200</td>
<td>131 000</td>
<td>Crossing of the Saloum delta by pirogue, crossing by Sipo-Dassilamé pirogue</td>
<td></td>
</tr>
</tbody>
</table>
INFORMATION and RESERVATION:

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