



## CycleGhana 2026 Senegal Edition

### Cycling and Culture Tour

#### Detailed Itinerary

<b>Dates:</b>	<i>July 17<sup>th</sup> – 27<sup>th</sup>, 2026</i>
<b>Trip Type:</b>	<i>Cycling Expedition and Cultural Tour</i>
<b>Locations:</b>	<i>Dakkar – Lompoul – Toubakouta – Senoba</i>
<b>Group Size:</b>	<i>10 – 15</i>
<b>Duration:</b>	<i>10 days/ 9 nights ()</i>
<b>Trip Leader:</b>	<i>Kwesi Anti</i>

<b>Transportation:</b>	<i>Transportation by a professionally licensed driver in an air-conditioned bus with capacity of 30 to 50. All included activities; Transportation of bikes in closed vans and additional cargo trucks.</i>
<b>Accommodations:</b>	<i>Double occupancy in 3- &amp; 4-star accommodations; single occupancy available upon request and with a \$550 additional fee</i>
<b>Entrance Fees:</b>	<i>Pre-paid entrance fees to all attractions included on itinerary, unless otherwise noted</i>
<b>Meals:</b>	<i>Meals included as indicated in the itinerary (B= breakfast, L= lunch, D= dinner); additional light snacks and bottled water on cycling days ONLY; tour guides and trip leader will share restaurant recommendations for meals not included (at your own expense)</i>

<b>Support Services:</b>	<i>1 x bike mechanic; 1 x ride leader; 1 x ride marshal; 2 x police detail (Road Commander); 1 x ambulance- on cycling days ONLY Videographer, drone, and photographer throughout the event.</i>
--------------------------	--

## Itinerary Overview

Day	Date	Activity
Day 1	July 17th	Arrival at Blaise International Airport (DSS), transfer to Dakar, dinner, and briefing at Hotel Fleur de Lys Plateau. (D)
Day 2	July 18th	Transfer to Monument of African Rebirth, ride 150 km to Oasis Hotel Okai, Lompoul Desert. (B/L/D)
Day 3	July 19th	First Ride 100 km to Saint Louis, an optional horse-drawn carriage tour. (B/L/D)
Day 4	July 20th	The 2nd ride (Return Ride) 100 km to Loumpoul, transfer to Saloum (Hotel Le Pelican du Saloum). (B/L)
Day 5	July 21 <sup>st</sup>	Rest day with lunch cruise and sea activities. (B)
Day 6	July 22nd	3 <sup>rd</sup> Ride 167 km from Saloum to Toubakouta, optional Walk with Lions. (B/L/D)
Day 7	July 23rd	4 <sup>th</sup> Ride 165 km from Toubakouta to Senoba, cross The Gambia. (B/L/D)
Day 8	July 24th	Donation Ride at Banouna Ba Foundation, ride 74 km to Sedhiou, boat tour on the river. (B/L/D)

Day	Date	Activity
Day 9	July 25 <sup>th</sup>	Ride 100 km from Sedhiou to Keur Ayip, transfer to Pink Lake. (B/L/D)
Day 10	July 26 <sup>th</sup>	The ceremonial ride is 44 km from Pink Lake to Dakar, the closing ceremony and dinner. (B/L/D)

**July 27<sup>th</sup> Departure Day for Team CycleGhana Senegal Edition!!!**