

18D15N

MAURITANIA & WEST AFRICA

SENEGAL / GAMBIA / GUINEA-BISSAU

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DAY 01

Depart for Nouakchott, Mauritania

The world is slowly hearing about Mauritania with one of the world's lowest population densities and rising tourist gem. It is the 11th largest country in Africa bordered by the Atlantic Ocean to the west & the Western Sahara to the north and northwest.



Nouakchott, Mauritania Capital

DAY 02

Arrive Nouakchott



- / - / Dinner

Welcome to Nouakchott, capital of Mauritania! Home to some lovely mosques & the local fish market at the coast where men pull in nets with the catch taken on trays in relay by youngsters to the market. Upon arrival, transfer to hotel for rest.

DAY 03

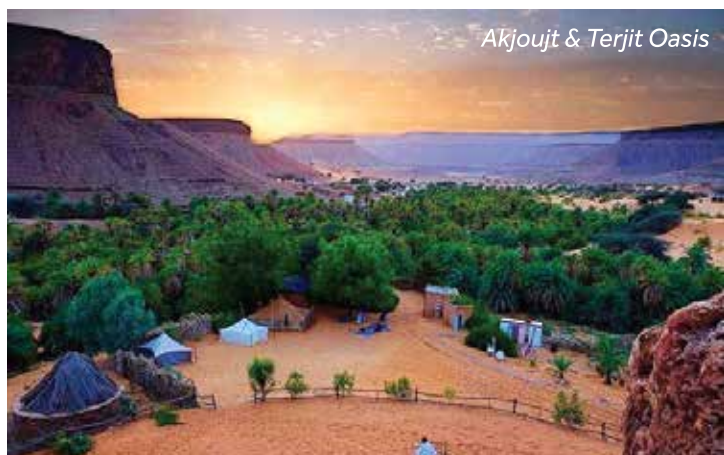
Nouakchott Akjoujt Terjit Oasis



Hotel Breakfast / Lunch / Dinner

After breakfast, we travel in 4WD to **Akjoujt & Terjit Oasis**. One of the most beautiful area in Mauritania where there are canyons and dunes and nice palm tree oasis.

The Terjit Oasis is a tranquil place, a mix of colour; the handmade rugs, palms and water with tents as protection from the blazing sun is a well needed resting place in the middle of the desert. Overnight in oasis desert tent with facilities.



Akjoujt & Terjit Oasis

DAY 04

Terjit Chinguetti



Hotel Breakfast / Lunch / Dinner

From Terjit we start on the beautiful route to historic **Chinguetti** through the beautiful oasis and canyons of Mhereth. Chinguetti is a real gem of Mauritania. With its collection of historic buildings, this is one of the Sahara's most interesting town. It was once important centre of scholarship & played an important role in the historic Trans-Saharan caravans. **Explore the desert town and see some of the old manuscript collections in the Bibliotheque and climb the nearby dunes to view the spectacular sunset over the Sahara.**



Chinguetti

DAY 05

Chinguetti Zouerate Ride the Iron Ore Train Choum Atar



Hotel Breakfast / Lunch / Dinner

AIRBORNE Exclusive Ride the Iron Ore Train

An exhilarating train journey across the Sahara on board the famed Mauritania Iron Ore Train and ride in open air carriages. The train is up to in length with over 200 freight carriages, carrying up to 84 tons of iron ore. This is the longest and heaviest train in the world. You'll ride with us from the mining town of Zouerate and disembark in Choum, close to the border of Western Sahara. This is one of the most unique train trips in the world and not to be missed. But only if you're ready for the most hardcore train journey in the world. Be amazed by the vastness of the Sahara and see the occasional Touaregs and camels along the tracks.

Disembark in Choum and transfer to hotel in Atar for overnight.

Ride the Iron Ore Train



DAY 06

📍 **Atar** ➔ **Azoueiga**



Hotel Breakfast / Lunch / Dinner

From **Atar** we will follow the track of the Paris Dakar Rally by the white valley to arrive at the highest dunes in Mauritania at **Azoueiga**. There we enjoy a wonderful night, sleeping in our own camp. It will be an amazing day where you will meet nomads of the Sahara who live in goat hair tents, eking out an existence like their forefathers & adhering to the traditions of the Sahara of old. The clarity of African skies at night is without comparison. The silence in the desert only adds to the overall experience.

Azoueiga Sahara Camp



DAY 07

📍 **Azoueiga** ➔ **Nouakchott**



Hotel Breakfast / Lunch / Dinner

Travel back to **Nouakchott**.

Visit the lively **Atlantic fish market at Port de Peche**. Every evening, hundreds of fishermen bring in the day's catch on their colorful distinctive boats.

Be amazed at **the Camel Market** as is known for being one of the most unique places in the city and the second-largest camel market in all of Africa. There are countless leaning camels, bartering traders, and noisy auctions on a huge area surrounded by dusty nature. You've never seen so many camels in one place!



Atlantic Fish Market
at Port de Peche

DAY 08

📍 **Nouakchott** ➔ **Dakar, Senegal**



Hotel Breakfast / - / Dinner

Transfer to airport for flight to **Dakar**, capital of Senegal. **Dakar city tour** – visit the "Plateau" district, Railway station, City Hall, Independence square, Presidential Palace and the renaissance African monument with a stop at **Soumbédioune Artisanal Market**.

Dakar City Tour



DAY 09

📍 **Goree Island Excursion**



Hotel Breakfast / Lunch / Dinner

Ferry (25m) to **Goree Island**; UNESCO site with its famous slave house and the door of no return. The island offers a harbour of peace and gentleness. Narrow and peaceful lanes and red ochre houses adorned with bougainvilleas impart indisputable charm on this town. Goree is a veritable place of memory and contemplation: millions of people have passed before being taken to America to become slaves. Visit of the slaves' house, St Charles' church & the historical museum. Walk into the alley and visit to the workshops' painters.

Goree Island



DAY 10

📍 **Dakar** ➡ **Pink Lake** ➡ **Bandia Reserve** ➡ **Saly**



Hotel Breakfast / Lunch / Dinner

The **Pink Lake** will surely catch visitor's eye because of its vivid pink colour. It is separated only by narrow dunes from the Atlantic Ocean and, as expected its salt content is very high.

Continue to **Bandia Reserve** located in a magnificent forest of baobab & enjoy a safari.



DAY 11

📍 **Saly** ➡ **Toubacouta**



Hotel Breakfast / Lunch / Dinner

Drive to **Toubacouta**. In the afternoon, boat tour of the mangroves for birds observation and local life.



DAY 12

📍 **Toubacouta** ➡ **Juffureh** ➡ **James Island**
Banjul, Gambia



Hotel Breakfast / Lunch / Dinner

On the way to **Banjul**, visit **Juffureh home village** of Kunta Kinte of the Alex Haley Root Saga. Cruise to nearby **James Island** where slaves were kept before the deportation. Cross the border to **Banjul**, capital of **Gambia**. The city sits on an island where the Gambia River meets the Atlantic Ocean.

James Island



DAY 13

📍 **Banjul** ➡ **Makasutu Reserve** ➡ **Banjul**



Hotel Breakfast / Lunch / Dinner

Makasutu, a palm forest situated on the banks of a beautiful meandering tributary of the Gambia River, encompassing many different eco-systems including dense forest, savanna and mangrove regions. Explore on a Canoe and nature walk. Observe traditional bush people going on their daily business, palm wine tappers, and local fishermen collecting oysters from the mangrove.

Banjul City Tour

lively **Albert Market** selling colorful textiles and local produce. Visit **the Crocodiles' pool** and **Tanji fishing port**.



DAY 14

📍 **Banjul** ➡ **Ziguinchor** ➡ **Bissau, Guinea-Bissau**



Hotel Breakfast / Lunch / Dinner

Cross the border enter the other part of Senegal, "**Casamance**". Verdant forests, bountiful rice paddies and white sandy beaches – the southern region of Casamance is a distinctive part of Senegal. Sandwiched between the Gambia and Guinea-Bissau, Casamance is Senegal's Deep South: a culturally and topographically unique part of the country with a particular proud heritage. Cross into **Bissau**, capital of **Guinea Bissau**.

Casamance Beach



DAY 15

📍 **Bissau** ➡ **Quinhamel** ➡ **Bissau**



Hotel Breakfast / Lunch / Dinner

Morning, city tour of Bissau. Beautiful colonial houses in the old quarters, the place of National Heroes, fortress of Amura, Amilcar Cabral museum & Central market in the colonial city center.

Drive to **Quinhamel** to see the traditions of the Papel people. Pano de pente, symbolic weavings made by Papel men on large makeshift looms, are used in a variety of ceremonies and rituals and visit of local workshops.

Papel People



DAY 16

📍 **Bissau** ➡ **Saly, Senegal** ➡ **Fadiouth** ➡ **Saly**



Hotel Breakfast / Lunch / Dinner

Morning flight to Saly, Senegal. Visit **Fadiouth** also known as the **Shells island**. Streets are covered in layer after layer, and the entire island is built on these millions of shells that have accumulated over generations. Known for its cemetery, the second island is also completely made out of shells. This entire island attached to Fadiouth is dedicated to a cemetery of simple graves, marked by white Christian crosses.

Shells Island



DAY 17

📍 **Saly** ➡ **Somone Lagoon** ➡ **Depart Dakar** ✈️



Hotel Breakfast / Lunch / -

Boat tour of Somone Lagoon. Time for shopping in the craft market and transfer to Dakar airport for flight home.

Boat tour of Somone Lagoon



DAY 18

📍 **Home**

Driving through the vast, sun-bleached landscape of Mauritania, you will find a solitary, turbaned figure tending a herd of goats that tells the story of survival amid millennial-old geological forces. Mauritania, with one of the world's lowest population densities has some of the continent's grandest scenery. Mauritania is a land of spectacular deserts pushing against the Atlantic Ocean, sand blown historic towns & picturesque oasis. This unique Mauritania trip takes you to a country that has been little visited by travelers in recent years. It is full of hidden gems that will excite even the most experienced travellers.

The Senegal, Gambia and Guinea-Bissau journey takes you through lands where few travellers have visited. Start in lively Dakar before heading out to see the Pink Lakes and Bandia Reserve. Traveling south we cross into Gambia before we arrive in the Casamance region. This is the Africa of old, where ancient beliefs and customs are still revered. Finally we explore tiny Guinea-Bissau with its traditional communities.

This is a fantastic journey for the African enthusiast, going well off the beaten track to show you the hidden delights of an often forgotten region.

Highlights

MAURITANIA

- Ride the legendary Iron Ore train
- Terjit Oasis
- Chinguetti medieval Saharan town
- Azoueiga desert experience

SENEGAL

- Pink Lake
- Goree Island
- Fadiouth shell island
- Juffureh

GAMBIA

- Makasutu Reserve

GUINEA-BISSAU

- Quinhamel

DELICACIES

Meal Plan

15 Breakfasts / **14** Lunches / **15** Dinners



18天15晚

毛里塔尼亚 + 西非 塞内加尔 / 冈比亚 / 几内亚比绍

★★★★★
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第1天

✈️ 出发前往毛里塔尼亚努瓦克肖特

毛里塔尼亚是世界上人口密度最低的国家之一，旅游胜地正在崛起，世界正在慢慢地听说毛里塔尼亚。它是非洲第 11 大国家，西临大西洋，北部和西北部与西撒哈拉接壤。



努瓦克肖特，毛里塔尼亚首都

第2天

📍 到达努瓦克肖特



- / - / 晚餐

欢迎来到**毛里塔尼亚首都努瓦克肖特**！这里有一些可爱的清真寺和沿海的当地鱼市，人们在那里拉网，年轻人用托盘上的渔获物接力到市场。抵达后，转送到酒店休息。

第3天

📍 努瓦克肖特 ➡️ 阿克茹特 ➡️ 泰尔吉特绿洲



早餐 / 午餐 / 晚餐

早餐后，我们乘坐四轮驱车前往**阿克茹特和泰尔吉特绿洲**。毛里塔尼亚最美丽的地区之一，那里有峡谷和沙丘以及漂亮的棕榈树绿洲。

泰尔吉特绿洲是一个宁静的地方，色彩缤纷。手工制作的地毯，棕榈树和水与帐篷作为对烈日保护，是沙漠中间一个非常需要的休息场所。在绿洲沙漠帐篷里过夜，里面有设施。



Akjoujt 和 Terjit 绿洲

第4天

📍 泰尔吉特 ➡️ 钦盖蒂



早餐 / 午餐 / 晚餐

从泰尔吉特出发，我们沿着美丽的路线开始，穿过美丽的Mhereth绿洲和峡谷，前往历史悠久的钦盖蒂。钦盖蒂是毛里塔尼亚的真正宝石。凭借其历史建筑的集合，这是撒哈拉沙漠最有趣的城镇之一。它曾经是重要的学术中心，在历史上的跨撒哈拉大篷车中发挥了重要作用。探索沙漠小镇，在图书馆看到一些古老的手稿收藏品，爬上附近的沙丘，欣赏撒哈拉沙漠上壮观的日落。



Chinguetti 历史城镇

第5天

📍 Chinguetti ➡️ 祖埃拉特 ➡️ 乘坐铁矿石火车



早餐 / 午餐 / 晚餐

安邦独家 乘坐铁矿石列车

乘坐著名的毛里塔尼亚铁矿石火车穿越撒哈拉沙漠，乘坐露天车厢，享受令人振奋的火车之旅。列车全长，200多节货厢，载重达84吨铁矿石。这是世界上最长，最重的火车。您将与我们一起从采矿小镇祖埃拉特出发，然后在靠近西撒哈拉边境的乔姆下车。

沿途偶尔会看到Touaregs 族人和骆驼。

在 Choum 下车并转移到 Atar 的酒店过夜。



乘坐铁矿石火车

独家经验

第6天

📍 阿塔爾 ➡ 阿祖埃加



早餐 / 午餐 / 晚餐

从**阿塔爾**出发，我们将随着巴黎达喀尔拉力赛的赛道沿着白色山谷到**达毛里塔尼亚**最高的沙丘Azoueiga。在那里，我们享受了一个美好的夜晚，睡在自己的营地里。这将是一个令人惊叹的一天，在那里您将遇到生活在山羊毛帐篷中的撒哈拉游牧民族，像他们的祖先一样生活&坚持旧撒哈拉沙漠的传统。夜晚非洲天空的清晰是无可比拟的沙漠中的寂静只会增加整体体验。

Azoueiga 撒哈拉营地



第7天

📍 阿祖埃加 ➡ 努瓦克肖特



早餐 / 午餐 / 晚餐

返回**努瓦克肖特**。

参观**佩切港**热闹的**大西洋鱼市场**。每天晚上，数以百计的渔民将当天的渔获物带到他们色彩缤纷的独特船只上。

惊叹于**骆驼市场**，因为它是该市最独特的地方之一，也是整个非洲第二大骆驼市场。在尘土飞扬的大自然环绕的大片地区，有无数斜跪的骆驼，易货贸易商和嘈杂的拍卖会。你从来没有在一个地方见过这么多骆驼！



大西洋鱼市场
Port de Peche

第8天

📍 努瓦克肖特 ➡ 塞内加尔达喀尔



早餐 / - / 晚餐

前往机场，飞往塞内加尔首都**达喀尔**。**达喀尔城市**之旅 - 参观“高原”区，火车站，市政厅，独立广场，总统府和文艺复兴时期的非洲纪念碑，并在**苏贝迪乌**内手工马基特停留。

达喀尔城市



第9天

📍 戈雷岛游览



早餐 / 午餐 / 晚餐

乘渡轮（25米）到**戈里岛**，联合国教科文组织遗址及其著名的奴隶之家和不归门。该岛提供了一个和平与温柔的港口。狭窄而宁静的小巷和装饰着九重葛的红赭石房屋为这个小城镇带来了无可争议的魅力。戈里是一个名副其实的记忆和沉思的地方：数百万人在被带到美国成为奴隶之前已经去世。参观奴隶之家，圣查尔斯教堂和历史博物馆。走进小巷，参观工作室的画家。

戈里岛



第10天

📍 达喀尔 ➡ 粉红湖 ➡ 班迪亚保护区 ➡ 萨利



早餐 / 午餐 / 晚餐

粉红湖一定会吸引游客的眼球，因为它鲜艳的粉红色。它仅被狭窄的沙丘与大西洋隔开，正如预期的那样，它的盐含量非常高。

继续前往位于雄伟的猴面包树森林中的**班迪亚保护区**，享受**野生动物园之旅**。



第11天

📍 萨利 ➡ 图巴库塔



早餐 / 午餐 / 晚餐

开车去**图巴库塔**。下午，乘船游览红树林，观察鸟类和当地生活。

图巴库塔, 乘船游览红树林



第12天

📍 图巴库塔 ➡ 朱富雷 ➡ 詹姆斯岛
📍 冈比亚班珠尔



早餐 / 午餐 / 晚餐

在前往**班珠尔**的路上，参观亚历克斯·海利·鲁特传奇的昆塔金特的朱弗莱家乡。**巡航到附近的詹姆斯岛**，在驱逐之前，奴隶被关押在那里。越过边境前往**冈比亚首都班珠尔**。这座城市坐落在冈比亚河与大西洋交汇的岛屿上。

詹姆斯岛



第13天

📍 班珠尔 ➡ 马卡苏图保护区 ➡ 班珠尔



早餐 / 午餐 / 晚餐

Makasutu是一片棕榈树林，位于冈比亚河一条美丽的蜿蜒支流的河岸上，包括许多不同的生态系统，包括茂密的森林，稀树草原和红树林地区。在独木舟和自然漫步中探索。观察传统的丛林人的日常业务，棕榈酒采摘者以及从红树林中收集牡蛎的当地渔民。

班珠尔城市之旅 - 热闹的**阿尔伯特市场**，出售色彩缤纷的纺织品和当地特产。**参观鳄鱼的游泳池和炭冶渔港**。

阿尔伯特市场



观鳄鱼的游泳池



炭冶渔港



第14天

📍 班珠尔 ➡ 济金绍 ➡ 几内亚比绍比绍



早餐 / 午餐 / 晚餐

越过边境进入塞内加尔的另一部分，“**卡萨芒斯**”。青翠的森林，丰富的稻田和白色的沙滩 - 卡萨芒斯南部地区是塞内加尔的一个独特地区。卡萨芒斯夹在冈比亚和几内亚比绍之间，是塞内加尔的南部深处：该国文化和地形独特的部分，拥有特别引以为傲的遗产。进入**几内亚比绍首都比绍**。

卡萨芒斯海滩



第15天

📍 比绍 ➡ 奎尼亚梅尔 ➡ 比绍

🍴 早餐 / 午餐 / 晚餐

早上观光，比绍城市。老城区美丽的殖民地房屋，民族英雄的地方，阿穆拉的堡垒，阿米尔卡卡布拉尔博物馆和殖民地市中心的中央市场。

驱车前往**奎纳梅尔**，看看帕佩尔人的传统。Pano de pente 是帕佩尔人用大型临时织布机上制作的象征性编织物，用于各种仪式和仪式以及参观当地作坊。

帕佩尔人



第16天

📍 比绍 ➡ 塞内加尔萨利 ➡ 法迪奥特 ➡ 萨利

🍴 早餐 / 午餐 / 晚餐

早上乘机飞往塞内加尔萨利。参观**法迪奥特**，也被称为贝壳岛。街道层层叠叠，整个岛屿都建在世世代代积累的数百万枚贝壳上。第二个岛屿以其墓地而闻名，也完全由贝壳制成。与法迪奥特相连的整个岛屿都致力于一个简单的坟墓墓地，上面有白色的基督教十字架。

贝壳岛



第17天

📍 萨利 ➡ 索蒙泻湖 ➡ 离开达喀尔 ✈️

🍴 早餐 / 午餐 / -

乘船游览索蒙泻湖。是时候在工艺品市场购物，然后转移到达喀尔机场乘飞机回家。



乘船游览索蒙泻湖

第18天

📍 回甜蜜的家

开车穿过毛里塔尼亚广阔的，阳光漂白的景观，你会发现一个孤独的，头巾的人物照顾着一群山羊，讲述了在千禧年历史的地质力量中生存的故事。毛里塔尼亚是世界上人口密度最低的国家之一，拥有非洲大陆最壮丽的风景。毛里塔尼亚是一片壮观的沙漠之地，与大西洋相映成趣，沙吹的历史名镇和风景如画的绿洲。这次独特的毛里塔尼亚之旅将带您前往近年来旅行者很少访问的国家。它充满了隐藏的宝石，即使是最有经验的旅行者也会感到兴奋。

塞内加尔，冈比亚和几内亚比绍的旅程将带您穿越很少有旅行者访问过的土地。从热闹的达喀尔开始，然后前往参观粉红湖和班迪亚保护区。向南行驶，我们进入冈比亚，然后到达卡萨芒斯地区。这是古老的非洲，古老的信仰和习俗仍然受到尊敬。最后，我们探讨小几内亚比绍及其传统社区。

对于非洲爱好者来说，这是一次奇妙的旅程，远离人迹罕至的地方，向您展示一个经常被遗忘的地方的隐藏乐趣。

亮点

毛里塔尼亚

- 乘坐传奇的铁矿石火车
- 泰尔吉特绿洲
- 钦盖蒂中世纪撒哈拉小镇
- 体验阿祖埃加沙漠

塞内加尔

- 粉红湖
- 戈里岛
- 法迪奥特贝壳岛
- 朱弗莱

冈比亚

- 马卡苏图保护区

几内亚比绍

- 奎尼亚梅尔

美食

餐飲數量

15 顿早餐 / 14 顿早餐 / 15 顿早餐

