

COASTAL AND CULTURAL BLISS

THE VIBRANT AND BUZZING CAPITAL OF SENEGAL, DAKAR, HAS MUCH TO OFFER THE CURIOUS ADVENTURER AND LEISURE-SEEKING TRAVELLER ALIKE

WHAT TO EAT

Be sure to try the popular roasted peanuts, which can be bought from street vendors or ordered with a beer in any bar. Since Dakar is a coastal city, it goes without saying that indulging in fish dishes of all kinds is a must. Most popular is the *thieboudienne*, from the Wolof *ceebu jën* – ‘fish and rice’.

WHERE TO STAY

There's a wide selection of accommodation to choose from, depending on what you're looking for. The Radisson Blu in the vibey neighbourhood of Fann offers beautiful sea views and a quality stay. The homey Hotel du Phare is a more secluded option in the district of Les Mamelles. For smaller-budget stays and a chance to interact more with the local culture, opt for the Océanium hostel near the southern end of the peninsula.

WHAT TO SEE

One of the most famous tourist attractions in Dakar is the African Renaissance Monument, a bronze statue found on one of the only two hills on the peninsula, called Deux Mamelles. This African Renaissance Monument stands taller than the Statue of Liberty and depicts a woman, man and child pointing out over the

Atlantic Ocean. It was opened in commemoration of 50 years of Senegalese independence.

For the art enthusiasts, the IFAN Museum of African Arts, also known as the Théodore Monod African Art Museum, showcases historical artefacts collected from the various previous French colonies of West Africa.

There's no better way to immerse yourself in Senegalese society than to visit Dakar's markets, which all offer you something different. For a wide selection of clothing and textiles, Marché HLM is the place to go. Then there's Marché Kermel, with no shortage of fresh fruits, vegetables, meat and fish. If you're feeling particularly adventurous, brave a visit to the Sandaga market, where the buzz of vendors trying to sell you anything you can possibly think of can be quite overwhelming.

If you feel a need to escape the hustle and bustle of city life, there are some islands nearby that can offer you that opportunity and once again, each offers a different experience. The most famous is UNESCO World Heritage Site Gorée island. You can reach it in 20 minutes by ferry for about R130. A little closer, you will find Île de N'Gor, just a five-minute boat ride from



Ngor beach. This small island is ideal for spending a relaxing day on any of the small beaches, swimming and lounging in the local cafes. Nature lovers and bird watchers, make your way to the Îles de la Madeleine. A 10-minute boat ride away, for around R250, will get you to these completely uninhabited islands, the world's smallest national park. Have a walk around the island and take in the untouched nature.



Known to be one of the most stable countries in West Africa, Senegal is well worth a visit for its rich and diverse blend of scenery, cultures and heritage. The essence of Senegal is captured best in its capital Dakar – a bustling city on the tip of the Cap-Vert peninsula where African, European and Islamic cultures melt together to form a colourful hub.