

Index

A

Abdou Diouf 31, 34
 Abdoulaye Wade 32, 35, 142
 Abéné 247, 250-1, *see also individual locations*
 Abéné Festivalo 247, 264
 Abuko Nature Reserve 122-3
 accommodation 253-5
campements villageois 237, 254
casa à impluvium 238
 costs 15
 activities,
see also individual activities
 Gambia 255
 Senegal 255
 Affiniam 246
 afras 82
 African art 272-3
 African Living Art Centre 104
 African spurred tortoises 174
 air travel 279-83
 airlines 279-80
 airports 276, 279-80
 between Gambia & Senegal 286
 to/from Gambia 281-3
 to/from Senegal 281-3
 within Gambia 288
 within Senegal 291
 Aire Marine Protégée du
 Bamboung 67
 Aku people 44
 Albert Market 94
 Albreda 126-7
 Alex Haley 15, 115, 126, 127, 264
 Amandu Bansang Jobarteh 138
 animals 61-2, 293,
see also individual animals
 antelope 8
 architecture 22, 53, 152-3
 arts 49-53, *see also individual arts*
 African 272-3
 batik 235
 courses 104
 festivals 156
 pottery 240

ataaya 80
 Atlantic coast 98-114,
100-1
 ATMs 267-8
 avian influenza 71

B
 Baboon Island 138
 Baïla 247
 Bakau 98
 Bakel 218-19
 Bandafassi 226
 Bango 213
 Banjul 90-7, **92**
 accommodation 95
 attractions 93-5
 climate 258
 entertainment 96
 history 91
 information 93
 itineraries 94
 restaurants 96
 safe travel 93
 shopping 96
 travel to/from 96-7
 travel within 97
 Bansang 138
 baobabs 62, 8
 Baobolong Wetland
 Reserve 131-2, 5
 bargaining 273
 Barra 125
 Bassari country 225-7, 6
 Bassari people 43
 Basse Casamance 238-46
 Basse Santa Su 138-40, **139**
 bathrooms 275-6
 batik courses 235
 beach boys 102
 beaches
 Cap Skiring 242, 7
 Dakar 154
 Grande Côte 176, 5
 Gunjur 119
 Kafountine 247, 5
 Kololi 98, 184-5
 Petite Côte 177
 Saly 181
 Sanyang 118-19
 Siné-Saloum Delta 177

Bédik people 43, 6
 bicycle travel 288
 Bignona 246
 Bijilo Forest Park 103
 Bijol Island 117
 Bintang Bolong 129
 bird flu 71
 birds 61
 habitats 71-2
 species 72-6
 bird-watching 16, 22, 76-7, 255
 Abuko Nature Reserve 122-3
 Baobalong Wetland
 Reserve 131-2, 5
 Brufut Woods 117
 Georgetown 135
 Îles de la Madeleine 170
 Kafountine 247
 Kiang West National Park 131
 Parc National de la Langue
 de Barbarie 214
 Parc National du Delta du
 Saloum 191
 Parc National de Niokolo-
 Koba 223-5
 Parc National des Oiseaux du
 Djoudj 215
 Presqu'île des Oiseaux 247
 Réserve de Popenguine 180
 Réserve de la Somone 180
 resources 77-8
 Sanctuaire Ornithologique de
 Kassel 247
 Sanctuaire Ornithologique de la
 Pointe de Kalissaye 247
 Siné-Saloum Delta 177,
 185-91, 190, **179**
 Tanbi Wetland Complex 95
 Tanji River Bird Reserve 117
 tips 77
 black market 268
 boat cruises, *see also pirogues*
 Gambia 255
 Senegal 255
 Senegal River 209
 boat travel, *see also pirogues*
 between Gambia &
 Senegal 286-7
 within Gambia 288-9
 within Senegal 291

books
 art 15
 fiction 52
 history 15, 25, 28, 33, 55
 music 54
 travel literature 15
 border crossings 276
 Guinea 285
 Guinea-Bissau 285
 Mali 286
 Mauritania 284, 286
 Morocco 285
 Sahara, the 284
Bou El Mogdad 205, 208, 209, 291
 Boucotte 245
 bribery 259
 Brikama 123-4
 brotherhoods 28, 45-7, 196
 Brufut 116-17
 Brufut Woods 117
 buffalo 8
 Bukut ceremony 43
 bumsters 102
 bus travel
 within Gambia 289
 within Senegal 291-2
 bush taxis
 between Gambia &
 Senegal 287-8
 within Gambia 289
 within Senegal 292
 business hours 256-7,
see also inside front cover

C
campements villageois 237, 254
 camping 254
 Cap Skiring 242-5, 7
 Cap Vert peninsula 144, 167-76,
145
car rapides 184-5
 car travel
 between Gambia & Senegal 288
 hire 293
 to/from Gambia 283
 to/from Senegal 283
 within Gambia 130, 289-90,
 293
 within Senegal 292-3
 Casamance 20, 32, 228-52, **230**
 safe travel 259-62
 Casamance Nord 246-7
 Casamance Semi-Marathon 239
casa à impluvium 238
 Ceddo warriors 43

cell phones 275
 Château de Baron Roger 217
 Cheikh Amadou Bamba 196, 197
 children, travel with 257-8
 activities 155
 Atlantic coast & Serekunda 104
 chimpanzees 61, 138
chop shops 82
 Christianity 47
 cinema 52-3
 birds 74
 culture 36
 history 30
 music 57
 climate 13-14
 Gambia 258-9
harmattan 61
 Senegal 258-9
 conservation 63, 67, 70, 137
 consulates, *see embassies & consulates*
 cordon-bleus 71, 184-5
 costs 14-15
 courses
 art appreciation 104
 batik 235
 dance 104, 155, 178
 drumming 56, 235
 Fula flute 57
 language 155, 235
 music 124
 percussion 104
 xylophone 57
 credit cards 268-9
 crime, *see also individual locations*
 Gambia 93
 theft 260, 261
 crocodiles 122, 8
 Abuko Nature Reserve 122
 Kachikaly Crocodile Pool 103
 culture 36-53
 Gambia 88-9, 93
 Senegal 142-3
 customs regulations 259
 cycling
 Gambia 255-6, 288
 Senegal 255-6, 291

D
 Dak'Art Biennale 156, 264
 Dakar 144-67, **146, 148, 150,**
152, 152-3
 accommodation 156-8
 activities 154
 attractions 152-4

climate 258
 entertainment 161-2
 festivals & events 156
 history 145
 information 146-7, 149, 151
 itineraries 147
 restaurants 158-61
 safe travel 151-2
 shopping 162-3
 tours 156
 travel to/from 163-6, 287
 travel within 166-7
 dance
 courses 104, 155, 178
 festivals 156
 Dande 227
 dangers 259-62, *see also individual locations*
 Darislami 124, 251
 Dawda Jawara 31, 33
 deforestation 67-8, 137, 273
 Désert de Lompoul 214
 Deysa Hydrara 48
dibiterie 82
 Diembéring 245
 Dindéfelo 227
 Diola language 309
 Diola people 42, 43, 229
 Dionewar 187
 Diourbel 196
 disabled travellers 262
 diving
 Dakar 154
 Gambia 256
 Senegal 256
djembes 247, 248, 272
 Djifer 186-7
 Dobo Forest Park 137
 dress codes 39
 drinks 80-1
 driving licences 293
 drugs 261, 266
 drums 247, 248, 272
 courses 235

E
 ecotourism 67, 69, 119, 120,
 121, 190, 273
 Edioungou 240
 education 37-9
 electricity 254
 Elinkine 240, 241
 embassies & consulates
 Gambia 262-3
 Senegal 263-4

emergencies, *see inside front cover*
 Enampor 238
 environmental issues
 deforestation 67-8, 137, 273
 erosion 66
 overfishing 66-7
 shark fishing 241
 Ethiole 227
 ethnic peoples 41-3
 Aku 44
 Bassari 43
 Bédik 43
 books 25
 Diola 42, 43, 229
 Fula 25, 41-2
 Lebu 43
 Malinké 25, 41
 Mandinka 25, 41
 Serahuli 42-3
 Serer 42
 Tukulor 24, 42
 Wolof 25, 41
 exchange rates, *see inside front cover*

F

fabrics 272
 Fajara 98
 Falia 187
 family relationships 36-7
 Farafenni 133, **132**
 fashion 51, 163
 fax services 274-5
 festivals 16, 264
 Abéné Festivalo 247, 264
 cultural 264
 Dakar 156
 DaK'Art Biennale 156, 264
 Festival du Fleuve 217
 Festival International du Film de Quartier 156, 264
 film 156
 food 81-2
 Gorée Diaspora Festival 167
 International Roots Festival 264
 Kaay Fecc 156, 264
 Kartong Festival 120, 264
 Les Fanals de Saint-Louis 207
 Roots Homecoming Festival 264, **184-5**

000 Map pages
000 Photograph pages

Saint-Louis International Jazz Festival 206, 264
 Ziguinchor Carnival 235
 film, *see cinema*
 Fimela 188-9
 fishing
 Atlantic coast & Serekunda 103
 environmental issues 66-7
 Dakar 154
 Gambia 256
 industry 154
 Saly 181
 Senegal 256
 food 79-86, 264-5
 customs 83-4
 festivals 81-2
 health 302
 Ramadan 14
 football 49, 112-13
 Fort Bullen 125
 Foundiougne 189
 French language 305-9
 Fula language 309
 Fula people 25, 41-2

G

Gambia 87-140, **88-9, 116, 129, 134-5**
 accommodation 253-5
 activities 255
 boat cruises 255
 business hours 257
 climate 258-9
 customs regulations 259
 cycling 255-6
 diving 256
 embassies & consulates 262-3
 fishing 256
 hiking 256
 holidays 265
 Internet access 266
 money 267
 safe travel 259-62
 swimming 256
 tours 290
 travel within 130, 288-90
 visas 276-7
 water sports 256
 Gambia River 130, 140, 288, 289, 7
 Gandiol 213-14
 gargottes 82
 gay travellers 265

geography 60
 geology 60-1
 Georgetown 133-7, **136**
 Ginak Island 125-6
 glass painting 50
 golf
 Atlantic coast & Serekunda 103
 Saly 181
 Gorée Island 167-9
 government
 Gambia 89
 Senegal 142
 Grand Côte 176, 5
 Grand Magal 196-7
 greetings 38
 griots 54, 124
 groundnuts 67, 68
 Guinea-Bissau 229
 Guior 187
 Guissanor 187
 Gunjur 119
 Gunjur Beach 119

H

Haley, Alex 15, 115, 126, 127, 264
 harmattan 61
 Haute Casamance 251-2
 health 295-304
 Internet resources 295
 planning 298
 traditional healing 172
 vaccinations 295, 296
 women travellers 203-4
 hiking 256
 hippopotamuses 138
 history 24-35
 books 25, 28, 33
 Internet resources 26
 Marabout Wars 28
 music 54-5
 hitching 293
 holidays 265
 Islamic 46
 hotels 254-5

I

Ibel 226
 IFAN Museum 153
 Île de Bamboung 190
 Île d'Égueye 242
 Île de Gorée 167-8, **168, 184-5**
 Île de Karabane 240-2

Île à Morphil 217, 218
 Île des Oiseaux 190
 Îles de la Madeleine 170
 insurance 265-6
 International Roots Festival 264
 Internet access 266
 Internet resources 17, 26
 accommodation 255
 birds 78
 chimpanzees 61
 culture 48, 51
 environment 68
 food 82
 health 295
 history 26
 music 58
 national parks 64
 Islam 26-7, 44-7

itineraries 12

 architectural 22, **22**
 Banjul 94
 bird-watching **22, 22**
 Casmance 21, **20**
 coastal Senegal 18, 19, **18, 19**
 Dakar 147
 Gambia 19, 21, **19, 21**
 local transport **23, 23**
 religion **23, 23**
 Senegal River **20, 21**

J

James Island 127
 Janjang-bureh 133-7, **136**
 jazz 206
 jet lag 296
 jewellery 271
 Joal-Fadiout 184-5, **152-3**
 Jufureh 126-7

K

Kaay Fecc festival 156, 264
 Kachikaly Crocodile Pool 103
 Kafountine 247-51, 287-8, **248**
 Kanilai 129-30
 Kaolack 197-200, **198**
 Kartong 119-21
 Kartong Festival 120, 264
 Kayar 176
 Kedougou 225-7
 Keur Moussa Monastery 176
 Kiang West National Park 131
 Kidira 219
 kola nuts 82
 Kolda 252, 287

Kololi 98, **184-5**
 Kombos 99
 koras 54-5, 57
 Kotu 98
 Koubalan 246
 Kunkilling Forest Park 137
 Kunta Kinte 127

L

La Somone 180-1
 Lac Rose 174-5
 Lamin Lodge 121-2
 language 305-11
 courses 155, 235
 food 83-6
 laundry 255
 Le Village des Tortues 174
 Lebu people 43
 legal matters 266
 Léopold Senghor 30-1
 Les Almadies 170-1
 Les Fanals de Saint-Louis 207
 lesbian travellers 265
 literacy rates 39
 literature 51-2, *see also books*
 luggage 289

M

magazines 254
 Maison des Esclaves 169
 Maka Diama Dam 68, 70
 Makasutu Culture Forest 124-5, 7
 malaria 299-300
 Malika 173-4
 Malinké language 310
 Malinké people 25, 41
 Mandinka language 310
 Mandinka people 25, 41
 mangroves 15, 63
 Mansa Konko 132-3, **132**
 maps 267
 Mar Lodj 187-8
 Marabout Wars 28
 marabouts 28, 45-7
 Marakissa 124
 Marché Sandaga 164
 marijuana 261
 markets 273
 Albert Market 94
 Bakal 113
 Brikama craft market 123
 Dakar 164
 Serekunda 111, 6
 Touba 199

marriage 40
 masks 43
 Matam 217-18
 Mauritania 284
 Mbaké 197
 mbalax 55, 58-9
 Mbodiène 184
 Mbour 183
 measures 254,
 see also inside front cover
 media 48-9
 medical services 296-7
 metric conversions,
 see inside front cover
 minibuses 294
 M'Lomp 240
 mobile phones 275
 money 14-15, 267-9,
 see also inside front cover
 giving money 39
 Morocco 285
 motion sickness 296
 motorcycle travel
 between Gambia & Senegal 288
 to/from Gambia 283
 to/from Senegal 283
 within Gambia 130, 289-90
 within Senegal 292-3
 Mouit 213-14
 Mouride Sufi brotherhood 196
 Mouvement des Forces Démocratiques de la Casamance 229-31
 Mungo Park 15, 140
 memorial 138
 museums
 IFAN Museum 153
 Tanji Village Museum 118
 music 49-50, 54-9, 272
 albums 16
 books 54, 55
 courses 104, 124
 Cuban music 55
 festivals 156, 217, 247
 instruments 54, 56-7, 63
 mbalax 55, 58-9
 traditional music 56-7
 musicians
 Baaba Maal 16, 217
 Cheikh Lô 16
 Daara J 16
 Dembo Konté 16
 Viviane N'Dour 16
 Yousouf N'Dour 40, 55, 83

N

national parks & reserves 64-5, 70, *see also individual parks*
 Abuko Nature Reserve 122-3
 Aire Marine Protégée du Bamboung 67
 Aire Marine Protégée du Banboung 67
 Baobolong Wetland Reserve 131-2, 5
 Bijilo Forest Park 103
 Brufut Woods 117
 Dobo Forest Park 137
 Ginak Island 125-6
 Îles de la Madeleine 170
 Kiang West National Park 131
 Kunukilling Forest Park 137
 Makasutu Culture Forest 124-5, 7
 Parc National de Basse-Casamance 245-6
 Parc National du Delta du Saloum 191
 Parc National de la Langue de Barbarie 214, 184-5
 Parc National de Niokolo-Koba 223-5
 Parc National des Oiseaux du Djoudj 214-15
 Parc National de la Langue de Barbarie 214
 Parc National de Niokolo-Koba 223-5
 Parc National des Oiseaux du Djoudj 214-15
 Réserve de Bandia 179
 Réserve de Popenguine 180
 Réserve de la Somone 180
 River Gambia National Park 138
 Sanctuaire Ornithologique de Kassel 247
 Sanctuaire Ornithologique de la Pointe de Kalissaye 247
 Tanbi Wetland Complex 95
 Tanji River Bird Reserve 117
 nature reserves, *see national parks & reserves*
 Ndangane 187-8
 ndeup ceremonies 172
 N'Dour, Youssou 40, 55, 83
 newspapers 254
 N'Gor 171
 Niaga-Peul 175
 Nianing 184
 Niger River 140

Nile crocodiles 122
 Niokolo-Koba 62
 Niuni National Park 125-6

O

Oumou Sy 51
 Ouro Sogui 217-18
 Oussouye 239

P

painting 50
 palm wine 81
 Palmarin 185-6
 Parc National de Basse-Casamance 245-6
 Parc National du Delta du Saloum 191
 Parc National de la Langue de Barbarie 214, 184-5
 Parc National de Niokolo-Koba 223-5
 Parc National des Oiseaux du Djoudj 214-15
 Park, Mungo 15, 140
 memorial 138
 passports 279
 pelicans 184-5
 Petite Côte 177-85, 179
 photography 270-1
 pirogues 154
 trips 95, 234-5, 255
 planning 13-17, *see also itineraries*
 plants 62-3, *see also individual plants*
 Podor 217
 Point E 152, 152
 Pointe St George 240
 Pointe de Sangomar 187
 police services 260
 politics
 Gambia 89
 Senegal 142
 polygamy 40
 Popenguine 180
 population 41-4
 Gambia 88
 Senegal 142
 postal services 271
 pottery 240

R

Ramadan 14
 religion 23, 42
 Christianity 47
 Islam 26-7, 44-7
 Sufism 27
 traditional 47

Réserve de Bandia 179
 Réserve de Popenguine 180
 Réserve de la Somone 180
 reserves, *see national parks & reserves*
 resorts 255
 restaurants 82
 Richard Toll 216
 River Gambia National Park 138
 road conditions 130
 roan antelope 8
 robbery 260-1
Roots, *see Alex Haley*
 Roots Homecoming Festival 264, 184-5
 Rosso-Senegal 216
 Rufisque 175-6

S

safe travel
 Gambia 259-62
 Senegal 229, 259-62
 women 277-8
 Sahara, the 15, 284
 Saint-Louis 201-12, 204, 213, 152-3
 accommodation 209-11
 activities 207
 attractions 205-6
 entertainment 212
 history 203
 information 205
 restaurants 211
 tours 207-9
 travel to/from 212
 Saint-Louis International Jazz Festival 206, 264
 Salémata 226
 salinity 68
 salt-collecting 175
 Saly 181-3
 Sanyang Beach 118-19
 sculpture 50
 sea travel 286
 Sédhiou 251
 Séléti 251
 Senegal 141-252, 143, 193, 202, 221
 accommodation 253-5
 activities 255
 boat cruises 255
 business hours 257
 climate 258-9
 customs regulations 259
 cycling 255-6
 diving 256
 embassies & consulates 263-4
 fishing 256
 hiking 256
 holidays 265
 Internet access 266
 money 267
 safe travel 229, 259-62
 swimming 256
 tours 294
 visas 277
 watersports 256
 Senegal River 21, 68, 209, 216-19, 152-3
 Senegal parrots 72, 190, 184-5
 Serahuli people 42-3
 Serekunda 98-114, 100-1, 6
 Serer people 42
 sex tourism 102, 112
 shark fishing 241
 shell mounds 24
 shopping 271-4, *see also individual locations*
 Dakar 164
signares 27
 Simal 188-9
 Siné-Saloum Delta 177, 185-91, 179
 slave trade 25, 26-7, 169
 snakes 62
 social interaction 38
 social structures 43-4
 Soma 132-3, 132
 sports 49, *see also individual sports*
 Sufism 27
 surfing 155
 swimming
 Atlantic coast & Serekunda 104
 Dakar 154-5
 Gambia 256
 Senegal 256

T

Tambacounda 221-3, 287, 222
 Tanbi Wetland Complex 95
 tangeras 82
 Tanji 117
 Tanji River Bird Reserve 117
 Tanji Village Museum 118
 taxis 290, *see also bush taxis*
 tea 80
 Tekkur empire 24-5
 telephone services 274-5
 Tendaba 130-1
 teranga 36
 theft 260, 261
 Thiès 193-6, 194
 thiof 80
 time 275
 tipping 269
 toilets 275-6
 tortoises 174
 Touba 196-7, 199
 Toubab Dialao 178
 Toubakouta 190-1
 tour guides 102
 tourism 88
 tourist information 276, *see also individual locations*
 tours, *see also individual locations*
 Gambia 290
 Senegal 294
 traditional healing 172
 traditional religions 47
 train travel 283-5
 travellers cheques 269
 TuJering 117-18
 Tukolor people 24, 42
 Tumani Tenda Camp 125
 turtles 174

V

vaccinations 295, 296
 vegetarian travellers 83
 video 271
 visas 276-7

W

Wade, Abdoulaye 32, 35, 142
 Warang 183-4
 Wassu Stone Circles 137, 152-3
 water sports, *see individual activities*
 weather 13-14
 Gambia 258-9
 harmattan 61
 Senegal 258-9
 weaving 195
 websites, *see Internet resources*
 weddings 40-1, 81
 weights & measures 254, *see also inside front cover*
 wildlife 8, *see also individual animals, birds, plants*
 wildlife reserves, *see national parks & reserves*
 Wolof language 311
 Wolof people 25, 41
 women travellers 277-8, 303-4
 women's issues 48
 wooden carvings 271
 wrestling 49
 Dakar 155
 Gambia 113

Y

Yahya Jammeh 33
 Yoff 172-3
 Youssou N'Dour 40, 55, 83

Z

Ziguinchor 232-8, 287-8, 233
 Ziguinchor Carnival 235