

50 THINGS TO DO

Relaxation

1. **Beauty Salons**

There are several beauty salons in and outside of the hotel area which look forward to catering to you.

2. **Hair Braiding**

Hair braiding is very popular in the Gambia and thus many tourists are interested in trying out a new hair style.

3. **Massage**

There are a range of massage facilities in and outside of the various hotels waiting to welcome you

4. **Sun bathing**

Gambia has many unspoilt beaches sides the Atlantic coast. Sun beds are provided by either the hotels or beach bars.

5. **Lazy day cruise on the river**



If you want to free your mind and do nothing at all, the lazy day cruise on the river is the perfect trip for you. One can relax on the sun deck, take a swim and unwind the soul. Enjoy a scenic route with occasional sightings of dolphins, and bird watching opportunities.

6. **Creek tours**

A peaceful and relaxing day out on the creek or around bolongs (river tributaries) of the River Gambia is not to be missed.

Sports

7. **Golf**

The Fajara Golf Club has an 18-hole course, which is close to most of the resorts.

8. **Cycling**

Cycling is gaining more and more popularity in the Gambia and thus many bicycles are available for hire in and around the hotels.

9. **Swimming**

The beaches in front of most hotels are safe for swimming although the flag should always be watched. Please never swim when the red flag is flying. As an alternative most of the hotels have a pool for cooling down.

10. **Table tennis**

Table tennis is available in most hotels and is generally free of charge

11. **Tennis**

Tennis is also available in most hotels and racquets and tennis balls can be obtained in the hotels as well.

12. **Horse Riding**



A couple of stables in the country have a good set of horses

13. **Camel Riding**

Camel riding might be an interesting alternative to horse riding.

14. **Jet Skiing**



Jet Skiing is generally available at the Corinthia Atlantic Hotel, Sunbeach Hotel and Resort, and at Denton Bridge

15. **Windsurfing**

Windsurfing equipment can be hired at some hotels. It should be noted that only strong swimmers should venture beyond their knees

16. **Fishing**



The Gambia River carries with it a rich variety of fish, as does the vast ocean of the Atlantic. There are a variety of options available such as Creek Fishing, Deep Sea Fishing and Beach Casting. Both experts and amateurs can enjoy the chances of catching the 'Big One', on either the river or the salty water of the Atlantic

Culture



17. **Art Galleries**

The Gambia has several art galleries that have works of Gambian contemporary painters on display. If you are really interested, owners can facilitate you meeting the painters at their studios

18. **Museums**

There are also a number of Museums spread over the country which are definitely worth a visit.

19. **Craft Markets**



Banjul, Serrekunda, and Bakau are known for their markets and craft markets. Many different things can be purchased such as wood crafts, batik, silver and leather products.

20. **Brikama Wood Carving Centre**

Brikama has a huge Wood Carving Centre, which produces and sells hundreds of teak wood carvings, djembe drums and other souvenirs

21. **Juffureh**

Juffureh is a small village located 30km inland on the North Bank of the River Gambia and is best known for its appearance in Alex Haley's novel "Root-the saga of an American family". A slavery exhibition in the museum can be seen.

22. **Albreda**

Albreda is an historic settlement in the North Bank of the River Gambia and is known as "trading post" or "slave fort"

23. **James Island**



James Island is an island in the Gambia River 30km inland on the North Bank of the river close to Juffureh and Albreda. It contains a fort known as Fort James and provides an exceptional testimony to the different facets of the African-European encounter. James Island is part of the UNESCO World Heritage Sites.

24. **Wassu Stone Circles**

The ancient Wassu Stone Circles are located around Wassu in the Central River Region and are believed to be burial mounds of kings and chiefs in ancient times. They are also part of the UNESCO World Heritage Sites.



25. **Zinzani Cultural Centre**

ZINZANI is an international cultural centre aiming at promoting the West African Culture via music and dance. You are welcome to participate in various workshops which enhance the intercultural communication.

26. **Tanji Fishing Village**



The main features of the village are its bonga fish smoking houses, the lines of African pirogues and fishermen and housewives lining the shore and haggling over prices. The best time to visit Tanji is in the afternoon when all the fishing boats are coming back from the sea. A spectacle not to be missed.

27. **Gambian Wrestling**

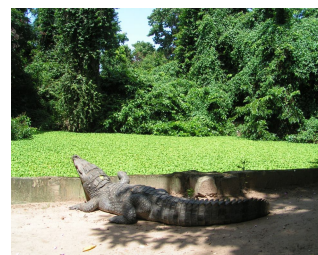
Modern traditional wrestling is one of the oldest traditional sports in Gambia and wrestling festivals are a common occurrence.

28. **Village Tour**

There are many villages in the Gambia that are worth a visit in order to gain an insight into the Gambian way of life.

29. **Sacred Crocodile Pool**

There are several crocodile pools sprinkled about the nation. One of the most famous ones is Katchically Crocodile Pool in Bakau. Childless Gambian women often visit the pools to bath in the water, which they consider to hold the powers of fertility.



Business

30. Conference

Most of the hotels have conference rooms for hosting seminars and workshops. The bigger conference and banqueting halls can host up to 800 people, as well as several smaller committee rooms.

Nature

31. Bird Watching

There are more than 500 different species of birds in The Gambia, living within six protected areas. Gambia's abundance in diversity of birds is ranked as one of the highest in the world.



32. Niimi National Park

Niimi National Park features one of the last untouched mangrove stands in West Africa.

33. Tanbi Wetlands National Park

The Tanbi Wetlands National Park provides excellent boating, fishing, bird watching and wildlife viewing opportunities. It includes coastal lagoons, mudflats, gallery forests, marshes and mangrove forests.

34. Kiang West National Park

Kiang West National Park is one of the largest and most important wildlife reserves in The Gambia. It was gazetted as a national park in 1987 and is managed by The Gambia Department of Parks and Wildlife Management.

35. Bao Bolong Wetland Reserve

Bao Bolong Wetland Reserve features six major bolongs that provide excellent opportunities for boating and birding.

36. River Gambia National Park

The River Gambia National Park is made up of a complex of 5 islands, which are collectively known as Baboon Islands. They form one of the last refuges for the very threatened hippopotamus within The Gambia. Their ecological systems range from lush jungle rainforest, reeds, savannah and mangrove swamps.

37. Abuko Nature Reserve



Abuko Nature Reserve is an all time favourite for wildlife and bird watching. Walk the 3km path, which leads you to the Bamba Pool where Crocodiles live.

38. Makasutu (Holy Forest)

Makasutu is set in a thousand acres of forest and is a jewel of eco tourism in The Gambia. It is winner of the Eco Tourism Award 2005.



39. **Bijilo Forest Park**

Bijilo Forest Park is a small reserve on the edge of the beach. The park offers a haven for birds and monkeys and is ideal for an early morning walk.

40. **Lamin Lodge**

Lamin Lodge is situated on the edge of the creeks. This huge tree house style lodge offers a wonderful view over the mangrove swamps and is an ideal spot for bird watching. Small boats can also be hired from there.

41. **Jinack**

Jinack Island is part of the Niimi National Park. It has over 11 kilometres of unspoilt, fairly shallow beaches which are often visited by dolphins.

Adventure



42. **River Tours**

River tours mostly start off from Denton Bridge or Lamin Lodge, but local camps in the rural areas along the river also organize such tours. A variety of birds can be spotted on the way

43. **Bush and Beach Safaris**

Discover Gambia by 4 wheel drive or mini truck. Villages and the rural areas will be visited, which is a good opportunity to see monkeys and the rich bird life of The Gambia.

44. **Rural Excursions to Janjangbureh and Basse**

Janjangbureh, which is formally called 'Georgetown', is one of the oldest towns in The Gambia. It is the old 'second' city of colonial times and the administrative headquarters of the Central River Region.



Basse is the major trading centre for the upper reaches of the Gambia River and liveliest of the upriver towns. It is a vibrant mix of linguistic diversity with languages such as Mandinka, English, Arabic, French, Wolof and Serere being spoken.

45. **Border crossing to Senegal**

The Gambia is bordered on three-sides by Senegal; consequently excursions to Senegal are common place. Visit the vibrant city of Dakar or explore Goree Island.

Nightlife



46. **Bars and Nightclubs**

There are many bars and nightclubs especially on the 'Senegambia Strip' but also in other areas such as Kotu, Fajara, and Bakau.

47. Gambling at one of the casinos

For those who are willing to try their luck, there are casinos in the Senegambia and Palma Rima area.

48. Karaoke

For a fun night out with friends, do not miss the Karako nights offered in several bar.

49. Live Entertainment

There is a lot of live entertainment offered by the various bars, restaurants and hotels such as live musical performances and dance.

50. Dining out

There are a variety of different restaurants spread all over the country. The Cuisine is international but do not forget to try out some special Gambian dishes such as Benachin, Domoda or Yassa.

