



Gambia Tourism Board
The Smiling Coast of Africa



CORPORATE E-NEWSLETTER VOL:03

24 HOURS IN THE GAMBIA

*"A Journey of Biking,
the popular Monkey Park,
& Sunset Serenity"*


THE GAMBIA
THE SMILING COAST OF AFRICA

DIRECT FROM THE DIRECTOR GENERAL'S DESK

Dear Esteemed Readers,

Welcome to the third edition of our Corporate E-Newsletter, where we continue to unfold the vibrant gems of The Gambia. In this volume, we embark on an appealing journey — "24 Hours in Gambia: A Journey of Biking, the popular Monkey Park, and Sunset Serenity" in the beautiful "Smiling Coast of Africa".

Our activities are curated to present the best of our nation, reflecting the warmth and diversity that define our beautiful country.

Activity 1 invites you to "Present the Smiles: Embark on a Bike Adventure in The Gambia," a thrilling way to explore the landscapes and engage with our friendly communities.

Activity 2 is an invitation to unleash your inner adventurer at Bijilo Forest Park. "Monkeying Around at Bijilo Forest Park" promises an encounter with our playful companions, the monkeys, in their natural habitat.

Lastly, Activity 3 encapsulates the essence of relaxation and tranquility. "Serenity by our Pristine Beach" allows you to unwind by the picturesque shores of our coastline, where the sun bids farewell, leaving behind hues of serenity.



Each activity unfolds a different facet of Gambia, a testament to the richness that our nation offers. Join us in celebrating these experiences, promoting our culture, and showcasing the beauty of The Gambia.

Happy Reading!



24 HOURS IN GAMBLIA: “A JOURNEY OF BIKING, MONKEYS & SUNSET SERENITY”

The Gambia, affectionately known as "The Smiling Coast of Africa," is a country packed with rich culture, lush scenery, delicious local yummys, global gastronomy and everlasting moments. Despite our small size in the West African region, Gambia presents a plethora of attractions. In this issue of our corporate e-newsletter, we'll highlight three distinct activities that can be enjoyed in 24 hours in Gambia: a thrilling bike tour, a close encounter with playful monkeys, and a tranquil sunset on the beach. So, fasten your seatbelts (or rather, your helmets), and let's dive into a whirlwind day in Gambia!

No Problem!!!

PRESENTING THE SMILES: EMBARK ON A BIKE ADVENTURE IN THE GAMBLIA

In the heart of the tempting "Smiling Coast of Africa" lies a thrilling adventure waiting to be embraced—a bike tour that promises to put you through nature traits. Welcome to The Gambia's vibrant bike tour experience, where every pedal stroke reveals a new facet of this attractive destination.

Picture this: you're standing amongst one of our beautiful resorts' frontages or our pristine beaches, where the air is filled with the hum of excitement. You cast a glance at the rows of bicycles waiting to be your trusty steeds for the day. It's not just a bike you're renting; it's your ticket to exploration, to discovering The Gambia in a way that's both refreshing and immersive.

As you set off on your two-wheeled journey, your heart quickens with anticipation. The road ahead stretches out like a ribbon of adventure, leading you to one of my favourite routes the Badala Park, and Palma Rima, and connecting the popular BB area to the Fajara Golf entry point and onto the Atlantic Boulevard Road. This path is not just a road; it's a portal to a world of discovery. Nonetheless,

there are other attractive routes that you can embark on just ask your local guide or the bike renter (don't forget your pocket map).



Nature unfolds before your eyes as you glide through attractive sceneries. The warm sun caresses my skin, and the gentle breeze carries with it; whispers of the stories etched into the land of the 'Smiling Coast of Africa'.

But here's the beauty of this journey: it's not just about the destination; it's about the moments in between. Need a break? No problem. There's an abundance of inviting restaurants and cozy hotels within what we call the Tourism Development Area (TDA), ready to quench your thirst and invigorate your spirits. Each pit stop, offers a chance to savour appetizing Gambian cuisine (Domoda is



definitely my fav out of the lot) and interact with the friendly locals, inspiring your adventure with authentic experiences. That's why locals will tell you

"Gambia No Problem".

A bike tour is more than a physical journey; it's a sensory trek. It's an assortment of sensations that dip you in the heart and soul of The Gambia.

So, dear adventurer, if you're seeking a unique way to experience the "Smiling Coast of Africa" in 24 hours, look no further. The bike tour is one of those moments of your staycation, promising you a ride that transcends the ordinary. The promise of nature's embrace, the allure of unexpected encounters, and the joy of exploration beckon you. Embark on this journey in 24 hours, and let the road expose the magic that "the Smiling Coast of Africa" has in store for you.

Tip: Obtain a GTBoard pocket map (it's free) or request the bike rental service provider for a biking trail guide. Bicycles can be rented from stands located in front of various hotels at an affordable cost of 75 Dalasis per hour.



MONKEYING AROUND AT BIJILO FOREST PARK

With just a walking distance from some of the beautiful resorts and the state-of-the-art Sir Dawda K. Jawara International Multipurpose Conference Centre, make your way to the Bijilo Forest Park also called by locals Monkey Park, a haven for wildlife enthusiasts and home to the famous Bijilo monkeys (Don't be astonished if you discover a monkey perched on your shoulder). Strolling along the shaded forest paths, you'll soon be serenaded by the chatter of playful monkeys swinging from tree to tree. These adorable creatures are as curious about you as you are about them, making for an unforgettable encounter.

Bijilo Forest Park is renowned for birdwatching, so having binoculars with you is a good idea. You'll have the opportunity to spot some vibrant birds during this tour, making it a two-in-one adventure. Tip: Respect the wildlife while enjoying this enchanting experience.

SERENITY BY OUR PRISTINE BEACHES

With the sun descending towards the horizon, it's time to head to the coast for a relaxing afternoon. The Gambia boasts some of West Africa's most pristine beaches, and your 24-hour adventure wouldn't be complete without savouring the sea breeze and tranquil waves. Just the right time to capture those "magic moments" with your camera or phone, providing you with delightful memories to browse through when winter arrives in your country.

The serene stretch of golden sand awaits your tired feet. Relax in a beach chair, and treat yourself to a cold Julbrew (local beer), or a fresh coconut, or even sample the healthy local fruit juice prepared by the beachside juice vendors, and let the gentle waves serenade you. As the sun begins its descent, the sky transforms into a canvas of warm hues, painting a breathtaking sunset over the Atlantic Ocean from the

"Smiling Coast of Africa"



To wrap up this edition of our e-newsletter. In just 24 hours, you've experienced the best of The Gambia a thrilling bike tour through picturesque landscapes, an up-close encounter with playful monkeys, and a tranquil sunset on the beach. Whether you seek nature's wonders, cultural treasures, or a quick getaway, Gambia welcomes you with open arms, promising to leave a lasting smile on your face.

With that, I will drop the ink here to conclude this written piece. Please keep in touch as there's much more in store. To quench your curiosity, stay updated by following our GTBoard website and social media channels. They'll provide you with the latest information and aid you in choosing from our delightful selection of activities to experience in Gambia.

Tip: Enjoying Domoda on the beach for lunch or dinner is the best way to experience our Gambian gastronomy. You won't be disappointed. In the upcoming edition, you will receive tips on the best places to enjoy Domoda.

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