FLAVORS OF SENEGAL

The Senegal Culinary Expedition

A journey through the soul of Senegalese cuisine

8 DAYS / 7 NIGHTS / SMALL-GROUP TRAVEL

Chef-hosted on designated departures
Provisional price: from $2,690 per person

PREVIEW EDITION | DATES & SUPPLIERS TO BE CONFIRMED

Saint-Louis, Senegal · Photo: Baptiste Riethmann / Unsplash



Dakar, Senegal · Photo: Djibril Diallo / Unsplash

A CULINARY JOURNEY UNLIKE ANY OTHER

Discover Senegal beyond the ordinary

Some journeys are measured in miles. Others are remembered through the people we meet, the stories we hear, and the flavors that stay with us long after we return home.

The Senegal Culinary Expedition is an intimate exploration of Senegalese cuisine, cultural heritage and everyday life, created by Senegalese chef Oumar Diouf. On designated chef-hosted departures, he personally accompanies the group and leads selected culinary and cultural experiences.

From the markets of Dakar to rural communities around Méckhé and the historic streets of Saint-Louis, discover the stories behind the dishes and the people who keep these traditions alive.

THE ROUTE
Dakar / Méckhé / Saint-Louis / Dakar

DURATION
8 days and 7 nights

GROUP
Target of 12 paying guests; planned range 10–14

HOST
Chef Oumar Diouf on designated chef-hosted departures

PRICE
From $2,690 per guest, provisional, double occupancy

FLIGHTS
International airfare not included

THE EXPERIENCE

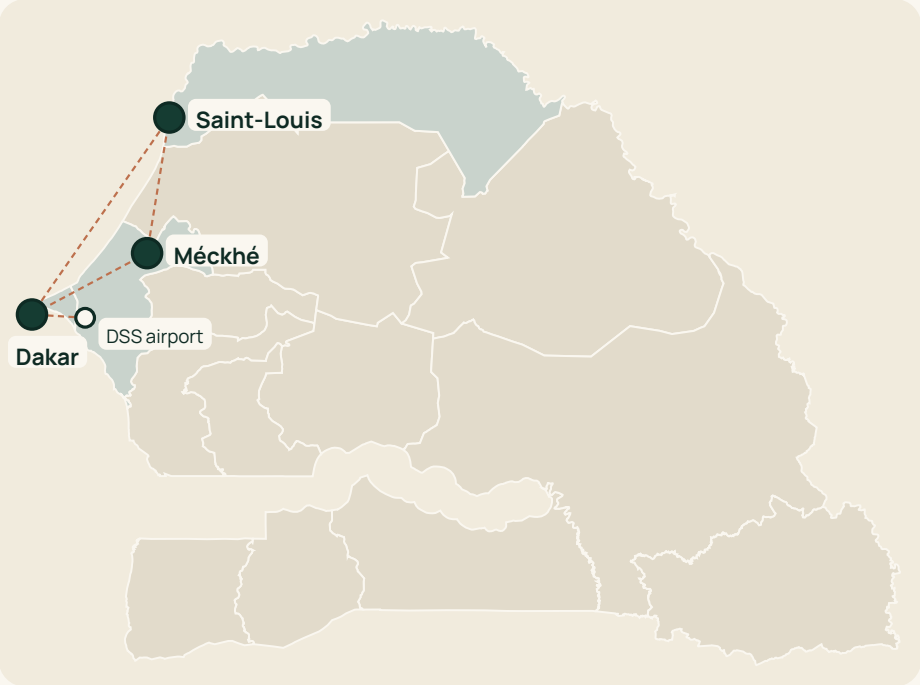
Cook with local hosts. Explore ingredients and markets. Discover rural food traditions. Connect with artisans, guides and culinary professionals. Share memorable meals and meaningful conversations.

This is a proposed journey. The itinerary, dates, hotels, activities and price remain subject to supplier confirmation.

YOUR HOST & THE ROUTE

Created by a Senegalese chef

The Senegal Culinary Expedition was created by Senegalese chef Oumar Diouf, founder of Flavors of Senegal. On designated chef-hosted departures, he personally accompanies the group and leads selected culinary and cultural experiences. Departures that are chef-hosted will be expressly identified.



Illustrative route; not to scale for road distances. Boundaries: geoBoundaries (CC BY 3.0 IGO).

THE ROUTE

Dakar / Méckhé / Saint-Louis / Dakar

Blaise Diagne International Airport (DSS)
Days 1 & 8

Dakar
Days 1–3 & 7

Méckhé
Days 4–5

Saint-Louis
Days 5–7



Thiafoura, Senegal · Photo: E. Diop / Unsplash



Senegal · Photo: Carlos Torres / Unsplash



Mbour, Senegal · Photo: Thomas de Luze / Unsplash

DAYS 01–04

From Dakar to the heart of Senegal

1

Day 1 I Welcome to the Land of Teranga

Arrive at Blaise Diagne International Airport. Enjoy an arranged airport transfer to Dakar, time to settle in, and an introductory welcome dinner celebrating Senegalese hospitality.

Overnight: Dakar

2

Day 2 I Markets, Ingredients and Kitchens

Discover a local market with a guide, explore Senegalese ingredients and culinary history, and participate in a hands-on cooking workshop featuring traditions such as ceebu jën, yassa or mafé.

Overnight: Dakar

3

Day 3 I Coastal Traditions and Atlantic Flavors

Explore Senegal's fishing and seafood traditions through a prearranged coastal visit and culinary experience. Learn about local sourcing, preparation methods and the role of the Atlantic in Senegalese food culture.

Overnight: Dakar

4

Day 4 I Journey into Rural Senegal

Travel toward Méckhé in the Thiès region. Visit local hosts by prior arrangement, discover regional ingredients and rural food traditions, and share a meal centered on hospitality and cultural exchange.

Overnight: Méckhé/Thiès area; property to be confirmed

A NOTE ON CULTURAL EXCHANGE

Community visits will be developed with local consent and fair compensation for participating hosts. Experiences are designed around respectful learning, not staged performances.



Saint-Louis, Senegal · Photo: E. Diop / Unsplash

DAYS 05–08

History, hospitality and a farewell feast

5

Day 5 I Méckhé: The People Behind the Flavors

Discover local craftsmanship, community life and food traditions. Meet participating artisans and culinary hosts before traveling onward to Saint-Louis.

Overnight: Saint-Louis

6

Day 6 I Saint-Louis: History Meets the Table

Explore the city's historic streets with a local guide. Discover its connections to regional trade, the Senegal River and food heritage, with a curated cooking or tasting experience.

Overnight: Saint-Louis

7

Day 7 I Return to Dakar and Farewell Feast

Travel back to Dakar with scheduled comfort stops. Gather for a farewell dinner inspired by the dishes, ingredients and stories experienced during the expedition.

Overnight: Dakar

8

Day 8 I Until We Meet Again

Enjoy breakfast, scheduled departure assistance and an arranged transfer to the airport. Depart with new culinary knowledge, memories and connections.

Overnight: Departure day

PACE & ACCESSIBILITY

The journey includes road transfers, working markets, warm weather and moderate walking. The final itinerary will provide clearer activity levels and travel times so guests can assess suitability.

WHAT TO EXPECT

Your journey, clearly explained

PLANNED INCLUSIONS

- Seven nights of accommodation, based on double occupancy
- Designated airport arrival and departure transfers
- Private group transport for scheduled activities
- Specified meals, with final meal plan published before booking
- Scheduled culinary workshops, tastings and cultural visits
- Local guide services and group coordination
- Community-hosted experiences arranged with local partners
- Chef Oumar Diouf on departures expressly identified as chef-hosted

NOT INCLUDED

- International flights
- Passport, visa and entry expenses where applicable
- Travel and medical insurance
- Personal purchases and optional activities
- Meals and drinks not specified in the final itinerary
- Single-room supplement and gratuities unless specified

WHO THIS IS FOR

Curious travelers, food lovers, couples, culinary enthusiasts and cultural explorers. No professional cooking experience is required. Guests should be comfortable with shared group activities and varied travel conditions.



Senegal · Photo: Carlos Torres / Unsplash

PLAN WITH CONFIDENCE

Travel information & next steps

RESPONSIBLE TRAVEL

Our goal is to collaborate with local chefs, farmers, artisans, guides, drivers and hospitality providers. Community experiences will be arranged with advance consent, respect and fair compensation.

TRAVEL SAFETY

The expedition is being designed around vetted service providers, organized transportation, food safety, clear communication and emergency procedures. Travel involves inherent risks, and no operator can guarantee complete safety. Confirmed travelers will receive up-to-date preparation and safety guidance.

PRICING & BOOKING STATUS

The starting price of $2,690 per person is a planning estimate based on double occupancy. Final prices, single supplements, departure dates, hotels, inclusions, payment terms and cancellation policies will be published after supplier and compliance review. No paid reservations are currently being accepted through this brochure.

JOIN THE PRIORITY LIST

Be among the first to receive confirmed departure dates, final package pricing and booking information.

REGISTER ONLINE

flavorsofsenegal.com/journeys/senegal-culinary-expedition

CONTACT

flavorsofsenegal.com/contact

FLAVORS OF SENEGAL

DISCOVER THE LAND. TASTE THE CULTURE. EXPERIENCE THE PEOPLE.

Preview brochure | November 2026 | All itinerary elements subject to confirmation. Photography: Unsplash License; see flavorsofsenegal.com/credits.