

Bintang Bolong River Escape

📍 Bintang, West Coast Division, Gambia



Tucked away on stilts above the water, Bintang Bolong Lodge sits quietly among the mangroves that line the Bintang Bolong, the largest tributary of the Gambia River. This two-day, one-night escape trades the busier coastal resorts for something slower: rural villages, birdsong, and a river that barely seems to move. A scenic drive through traditional Gambian villages and open countryside brings you to the lodge, where a welcome breakfast and a warm introduction to your surroundings ease you into the pace of the place. The afternoon opens up from there, with a boat ride along the Bintang Bolong River revealing herons, kingfishers and, if you are lucky, a troop of monkeys moving through the mangrove roots. Back on land, you will meet local families in a nearby village and step into a working bakery to see how bread has been made here for generations, long before any tourist arrived to watch. Those who want a little more adrenaline can add an optional quad biking ride through the surrounding countryside, while everyone else is welcome to simply watch the African sun drop below the river. A home-style dinner and a night at the lodge round off the first day, and the second morning is left free: coffee in hand, camera ready, or nothing at all. It is a tour built for couples, families and solo travellers who would rather understand rural Gambia than rush past it.

Tour Facts

Group Size:
Private group - max 7

Language:
English, Restricted Spanish available on selected dates only

Duration:
2

Tour Type:
continuous

Tour Itinerary

10:30 AM : Arrival at Bintang Bolong Lodge

A scenic drive through Gambian villages and countryside ends at Bintang Bolong Lodge, where a welcome breakfast is waiting and your host runs through the layout of the lodge and its surroundings.

12:00 PM : Boat ride on the Bintang Bolong River

A relaxed boat ride along the river opens onto quiet mangrove channels, home to herons, kingfishers and other birdlife, with monkeys often visible moving through the branches along the banks.

1:30 PM : Lunch at the lodge

A home-style local lunch, served at the lodge overlooking the river.

2:30 PM : Village visit

A nearby village opens its doors for a genuine introduction to Gambian family life, hospitality, and everyday rural traditions.

3:30 PM : Traditional bakery

A **working village bakery** shows how bread has been made here for generations, using wood-fired ovens and methods passed down through local families.

4:30 PM : Optional quad biking

For those wanting a livelier finish to the afternoon, an **optional quad biking ride** covers the tracks and countryside around the lodge. Prefer to stay put? The lodge terrace and its river view are just as rewarding.

6:30 PM : Sunset over the river

The African sun drops slowly behind the Bintang Bolong, turning the water and mangroves gold, best

watched from the lodge terrace with a drink in hand.

7:30 PM : Dinner and overnight stay

A freshly prepared traditional dinner, followed by a peaceful night at the lodge, with the sounds of the river and the mangroves for company.

8:00 AM : Breakfast and free time

Day two opens with the sounds of nature and a hearty breakfast, followed by free time to relax, take photographs, or watch the birds from the water's edge.

11:00 AM : Check-out and return journey

Check-out is followed by the return drive to the coast, with arrival back in the late afternoon, between 4:00 and 5:00 PM.