



horticulture, poultry farming, and women improvement programs. The poultry initiative is supported by the peri-urban programme committed to fostering community spirit and capitalizing on the synergy of diverse groups of women in the village. Tours to the Garden and Poultry include talks on gardening methods by Master Gardeners and to explore new crops and their growing methods.



Local Bakery

Go behind the scenes of a Gambian local bakery and learn the secrets of the local 'tapalapa' breads and pastries on this delectable tour. With our guides you'll

tour the bakery and learn how to make a classic local Gambian baguette with an enticing taste.

The Abajorr Restaurant

At Ndemban we promote sustainable living by eating what we could grow or catch ourselves. The cooks at Abajoor restaurant perfect the foods they prepare by using our hearty local ingredients: chicken from our local poultry farm, vegetables from our women's garden, fresh fish caught from our river, fresh Oyster from our mangroves and even the salt used in the cooking is mined in Ndemban. The Abajoor restaurants recreates and sometimes reinvents local ingredients and traditional meals in ways that bring to mind the casual hominess of countryside cooking.

We want you get the most out of your experience. We therefore offer a highly personalized, friendly, supportive, and flexible service. We can customize your trip depending on your interests, needs, time, and budget. Please contact us on the following numbers to inquire and start planning your trip:

Giyorrom contact:

Tel: +220 650 02 30 or 784 04 24

Email: giyorrom@yahoo.com

For further information:

Tel: +446 2490 / 1

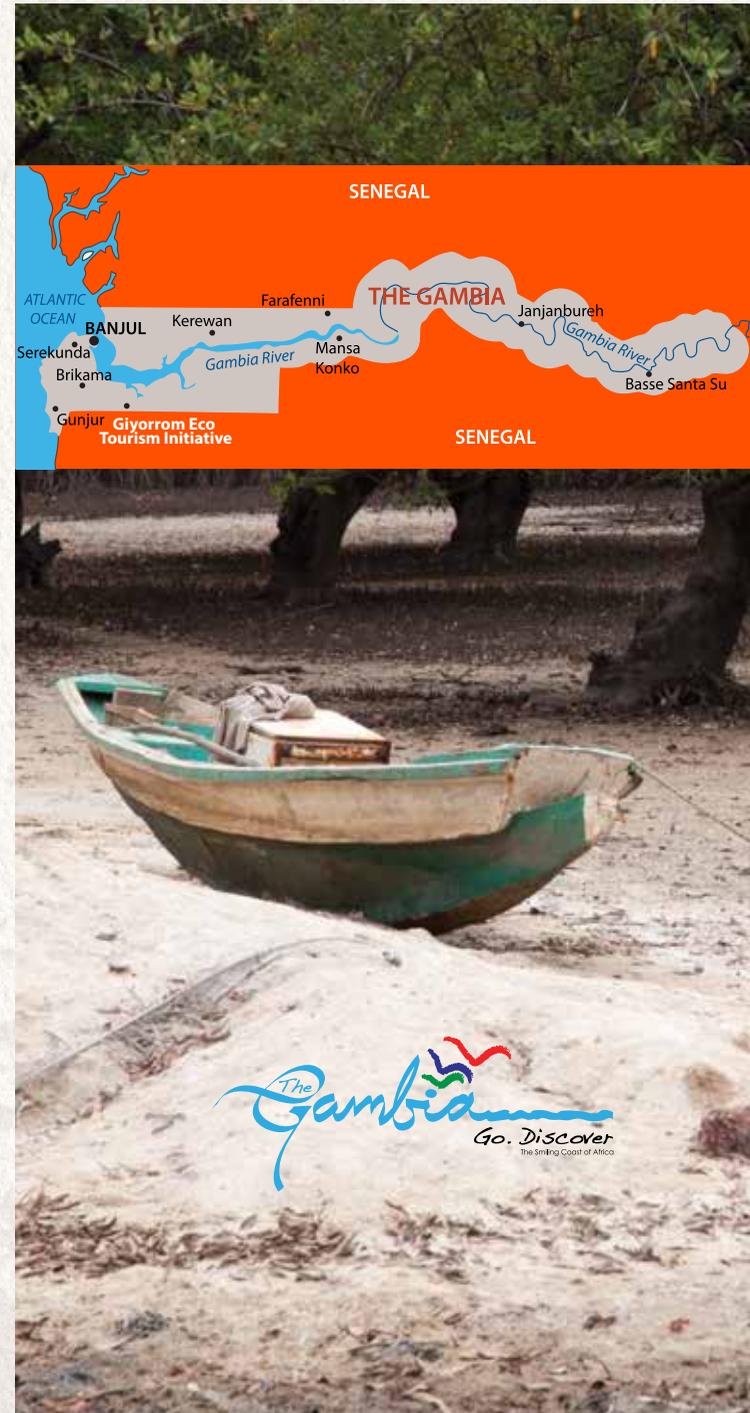
Email: info@gtboard.gm

We operate 7 days a week and you can arrange your visits to the village through Ground Tour Operators, Official Tourist Guides, Bird Guides and Tourist Taxi Drivers or through our Community Ecotourism Manager on the numbers provided above.

How to get to Ndemban

- Go to the green taxi park near your hotel and ask the controller to arrange a taxi to Ndemban. The prices for taxi are displayed on the taxi tariff board.
- Book a trip with Ground Tour Operators Or ask an Official Tourist Guide or Bird Guide to arrange a trip to Ndemban for you.
- If you prefer travelling on your own, take a local transport to Brikama car park and join the bush taxi (Geleh Geleh) to Ndemban.

ENTRANCE FEES WILL BE CHARGED FOR THOSE COMING ON ONLY THE VILLAGE TOUR. OTHER ACTIVITIES ARE CHARGED SEPERATELY.



Welcome to Giyorrom Eco Tourism Initiative



Experience Authentic Gambian Culture

Experience Home Stay

Village Tour

Interactive Handicraft Workshops

Creek Fishing

Watch Traditional Wrestling

Forest Walk

Visit Children Centre

Visit Women's Garden and poultry

Visit Local Bakery

Dine at The Famous Abajorr Restaurant



DISCOVER NDEMBAN

Engage in community-based tourism in Ndemban, value people over profit, and help sustain indigenous communities while experiencing another culture and another way of being.

Homestay

Visits to Ndemban incorporate Homestay (a stay at our purposely built accommodation for tourists in family homes) which proudly embodies the culture and eco-friendly ideas that are prominent with the Jola culture. The accommodations are brand new with comfortable beds and good toilet facilities. Water and electricity are available in the rooms. Staying at family homes will be an opportunity to experience a completely different culture, while cultivating new perceptions, and at the same time, supporting the community.

During your stay in Ndemban, you may find yourself roasting cashew nuts, working with women at the Garden, preparing lunch, picking fruits, helping your homestay family with daily chores, or even playing football with the local youths after a busy day. Sometimes the best experiences aren't planned your guide is always on hand to help you communicate and ask questions.



Village Tour

Explore Ndemban village on foot or on oxcart with our experienced community guides. At Ndemban village there is something for people of all ages and abilities. Our Village tour program fall into three main categories: cultural, ecotours, and handicrafts. Despite having an itinerary, the beauty of the Ndemban Village tour is that many activities just happen naturally as you become part of village life. Some of the highlights of the village tour include visits to the Alkalo (village head), blacksmith, cobbler and school.



Handicraft Workshops

Participate in hands-on workshops to make natural soap, Batik prints, and tie dye with the handicraft cooperative ladies in the village. The workshops will also give you the opportunity to make your own souvenir to keep or give as a gift.



Creek Fishing

Our creek fishing tours create exciting memories and stories you will be telling for the rest of your life. If you have not fished before, our fishing guides are available to teach fishing to every level and every age angler, all year round. Boats are available at first class service with all the cutting edge fishing equipment.



Traditional Wrestling

Wrestling is Gambia's oldest sport and is becoming one of the biggest attractions for tourists. As tradition mandates, Ndemban used

to only organize the tournament when crops are good but now regular wrestling competitions are organised frequently with surrounding villages sending their best wrestlers against each other, to measure each village's power and to provide entertainment. All wrestling events are scheduled and early booking must be made through the community tourism manager.



Forest Walk

A walk in our forest is more than a guided tour: It is an experience that you will never forget. Our professional guides will lead you through a unique and



very dynamic tour. From the river estuary mangroves to the big trees, the tour takes in all the splendour that nature has to offer. The walk consists of a boat trip across the Ndemban creek to the Ndemban community forest passing through mangroves and along lakes and streams; a half kilometer walk along the scenic community forest which takes you to the best pranic healer and traditional healer in the Gambia dubbed 'the bush doctor'.



Visit The Children Centre

Ndemban is a child-friendly village and our children centre provides both outdoor and indoor activities

for children of the village and visitors. You will find children engaged in handicrafts and other activities, such as learning, storytelling, playing games and singing and dancing. No matter what the weather is like you'll find something interesting for the whole family.



Women's Garden and Poultry

The Ndemban Women's Garden and poultry is dedicated to supporting the women of Ndemban village through conservation,