

Contents

West Africa Highlights 4

**Destination
West Africa 14**

Getting Started 15

Itineraries 20

History 26

The Culture 36

**The Music of
West Africa 57**

Arts & Craftwork 65

**Peoples of
West Africa 71**

Environment 79

Benin 92

Highlights 93

Itineraries 93

Climate & When to Go 93

History 93

The Culture 95

Religion 96

Arts 96

Environment 97

Food & Drink 97

COTONOU 97

AROUND COTONOU 104

THE SOUTH 105

Porto Novo 105

Ouidah 107

Grand Popo 110

Possotomé & Lake Ahémé 111

Abomey 111

Dassa Zoumé 115

THE NORTH 115

Parakou 115

Djougou 117

Natitingou 118

The Atakora Region 120

Parc National de

la Pendjari 121

Kandi & Around 122

Parc Regional du W 123

Malanville 123

BENIN DIRECTORY 123

TRANSPORT IN BENIN 126

Burkina Faso 129

Highlights 130

Itineraries 130

Climate & When to Go 130

History 130

The Culture 133

Religion 133

Arts 134

Environment 135

Food & Drink 136

OUAGADOUGOU 136

AROUND

OUAGADOUGOU 147

THE ROAD TO

BOBO-DIOULASSO 147

Boromo & Parc

National des Deux Balés 147

Koudougou 147

THE SOUTHWEST 149

Bobo-Dioulasso 149

Around Bobo-Dioulasso 155

Banfara 155

Around Banfara 157

Gaoua 159

THE SOUTH &

SOUTHEAST 159

Fada N'Gourma 159

Kompienga Lake 160

Parc National d'Arli 160

Ranch de Nazinga 161

Tiébélé 161

THE SAHEL 162

Ouahigouya 162

Dori 162

Around Dori 163

Gorom-Gorom 163

Around Gorom-Gorom 164

BURKINA FASO

DIRECTORY 165

TRANSPORT IN BURKINA

FASO 168

Cameroon 171

Highlights 172

Itineraries 172

Climate & When to Go 172

History 174

The Culture 175

Sport 176

Religion 176

Arts 176

Environment 176

Food & Drink 177

YAOUNDÉ	178	Assomada	237	Climate & When to Go	289
DOUALA & THE SOUTHWEST	183	Tarrafal	238	History	289
Douala	183	SÃO VICENTE	238	The Culture	291
Limbe	187	Mindelo	239	Religion	292
Around Limbe	190	Around Mindelo	241	Arts	292
Buea	190	SANTO ANTÃO	241	Environment	293
Mt Cameroon	191	Ribeira Grande	242	Food & Drink	294
Kumba	193	Porto do Sol	242	BANJUL	294
Manengouba Lakes	193	Paúl	243	ATLANTIC COAST RESORTS & SEREKUNDA	298
Korup National Park	194	Porto Novo	243	WESTERN GAMBIA	308
Mamfé	194	Tarrafal	243	South Coast & Inland	308
NORTHWEST PROVINCE	195	FOGO	243	North Coast & North Bank	313
Bamenda	195	São Filipe	244	CENTRAL & EASTERN GAMBIA	314
Around Bamenda	197	SAL	245	Bintang Bolong	314
Ring Road	197	Santa Maria	246	Tendaba	315
WEST PROVINCE	201	Espargos	247	Baobolong Wetland Reserve & Kiang West National Park	315
Bafoussam	201	BOA VISTA	247	Soma	315
Foumban	203	OTHER ISLANDS	249	Farafenni	315
NORTH & EXTREME NORTH PROVINCES	205	Brava	249	Janjangbureh (Georgetown)	316
N'Gaoundéré	205	São Nicolau	249	Gambia River National Park	317
Garoua	207	Maio	250	Basse Santa Su	317
Maroua	208	CAPE VERDE DIRECTORY	250	THE GAMBIA DIRECTORY	318
Mandara Mountains	210	TRANSPORT IN CAPE VERDE	252	TRANSPORT IN THE GAMBIA	321
Parc National de Waza	212				
EAST PROVINCE	213	Côte d'Ivoire	254		
Garoua-Boulai	213	Highlights	255	Ghana	323
Bertoua	213	Itineraries	255	Highlights	324
Bélabo	214	Climate & When to Go	255	Itineraries	324
Batouri	214	History	255	Climate & When to Go	324
Yokadouma	214	The Culture	258	History	325
Moloundou	215	Sport	259	The Culture	328
Réserve de Biosphère du Dja	215	Religion	259	Sport	330
Lobéké, Boumba-Bek & Nki	215	Arts	260	Religion	330
SOUTH PROVINCE	216	Environment	262	Arts	330
Kribi	216	Food & Drink	264	Environment	333
Around Kribi	218	ABIDJAN	265	Food & Drink	334
Ebolowa	218	THE EAST COAST	275	ACCRA	335
Campo & Ebodjé	219	Grand Bassam	275	AROUND ACCRA	347
Parc National de Campo-Ma'an	220	Assinie	276	University of Ghana	347
CAMEROON DIRECTORY	220	THE WEST COAST	277	Aburi Botanical Gardens & Akwapim Hills	347
TRANSPORT IN CAMEROON	223	Sassandra	277	THE COAST	348
		Around Sassandra	278	Kokrobite Beach	348
		San Pédro	278	Fete, Senya Bereku & Budumburam	349
		Parc National de Taï	278	Winneba	350
		THE CENTRE	279	Apam	351
		Yamoussoukro	279	Saltpond & Abanze	351
		THE NORTH	280	Anomabu	351
		Man	280	Cape Coast	352
		Around Man	281	Kakum National Park	356
		Bouaké	282	Around Kakum	357
		Korhogo	282	Elmina	357
		CÔTE D'IVOIRE DIRECTORY	283	Sekondi-Takoradi	358
		TRANSPORT IN CÔTE D'IVOIRE	286	Busua & Dixcove	360
Cape Verde	228	The Gambia	288		
Highlights	229	Highlights	289		
Itineraries	229	Itineraries	289		
Climate & When to Go	229				
History	229				
The Culture	231				
Religion	232				
Arts	232				
Environment	233				
Food & Drink	233				
SANTIAGO	234				
Praia	234				
Cidade Velha	237				

Butre	362	Koundara	419	Sport	459
Akwidaa Beach	362	UPPER GUINEA	419	Religion	459
Cape Three Points	363	Dabola	419	Arts	459
Princes Town	363	Faranah	420	Environment	460
Axim	363	Kouroussa	421	Food & Drink	460
Beyin & Nzulezu	364	Kankan	421	MONROVIA	460
Ankasa Nature Reserve	364	Siguirí	422	AROUND MONROVIA	465
THE EAST	365	FOREST REGION	423	Beaches	465
Akosombo	365	Kissidougou	423	Firestone Plantation	466
Ho	366	Macenta	423	THE COAST	466
Around Ho	367	N'zérékoré	423	Robertsport	466
Hohoe	367	Lola	425	Buchanan	466
Around Hohoe	368	Bossou	425	Greenville	467
Keta	368	GUINEA DIRECTORY	426	Harper	467
THE CENTRE	369	TRANSPORT IN GUINEA	428	THE INTERIOR	468
Kumasi	369	Guinea-Bissau	432	Tubmanburg	468
Around Kumasi	375	Highlights	433	Gbarnga	469
Boabeng-Fiema Monkey		Itineraries	433	Ganta	469
Sanctuary	377	Climate & When to Go	433	Sanniquellie	470
Yeji	377	History	433	Yekepa	470
THE NORTH	377	The Culture	435	LIBERIA DIRECTORY	470
Tamale	377	Religion	436	TRANSPORT IN LIBERIA	473
Tamale to Hohoe	380	Arts	436		
Mole National Park	380	Environment	437	Mali	475
Larabanga	381	Food & Drink	437	Highlights	476
Wa	382	BISSAU	437	Itineraries	476
Wechiau Hippo Sanctuary	383	ARQUIPÉLAGO		Climate & When to Go	476
Bolgatanga	384	DOS BIJAGÓS	442	History	476
Around Bolgatanga	385	Ilha de Bolama	443	The Culture	478
Gambarga Escarpment	385	Ilha de Bubaque	443	Religion	479
Paga	385	Ilha de Rubane	445	Arts	479
GHANA DIRECTORY	386	Orango Islands		Environment	481
TRANSPORT IN GHANA	391	National Park	446	Food & Drink	481
		João Vieira – Poilão		BAMAKO	482
Guinea	395	National Marine Park	446	AROUND BAMAKO	492
Highlights	396	Other Islands	446	Koulikoro	492
Itineraries	396	THE NORTHWEST	446	Siby	493
Climate & When to Go	396	Quinhámel	446	THE CENTRE	493
History	396	Cacheu & Canchungo	447	Ségou	493
The Culture	399	São Domingos	447	Teriya Bugu	497
Religion	399	Varela	447	Djenné	497
Arts	399	THE NORTHEAST	447	Around Djenné	501
Environment	400	Bafatá	447	Mopti	501
Food & Drink	400	Gabú	448	Sévaré	506
CONAKRY	401	THE SOUTH	449	DOGON COUNTRY	507
AROUND CONAKRY	410	Salinho	449	Bandiagara	513
Îles de Los	410	Buba	449	Around Bandiagara	515
LOWER GUINEA	410	Jemberem & Parque		Sanga	515
Dubréka	411	Nacional Do Cantanhez	450	Bankass	515
Fria	411	GUINEA-BISSAU		Koro	516
Boffa	411	DIRECTORY	450	Douentza	516
Bel Air & Sobané	411	TRANSPORT IN		THE NORTH & EAST	516
Boké & Kamsar	412	GUINEA-BISSAU	453	Timbuktu (Tombouctou)	516
Kindia	412	Liberia	454	Around Timbuktu	524
FOUTA DJALON	413	Highlights	455	Araouane	524
Mamou	413	Itineraries	455	Gao	524
Dalaba	414	Climate & When to Go	455	Around Gao	528
Pita	416	History	455	Gossi	529
Doucké & Télimélé	416	The Culture	458	Hombori	529
Labé	417			Around Hombori	530
Mali-Yemberem	418				

Réserve de Douentza	530	Boubon	589	Kano	653
THE SOUTH	531	Kouré	589	Around Kano	657
Sikasso	531	Ayorou	589	Sokoto	657
Around Sikasso	531	Filingué	590	Maiduguri	658
THE WEST	531	THE SOUTH	591	Around Maiduguri	659
National Parks	531	Dosso	591	NIGERIA DIRECTORY	659
Kayes	532	Gaya	591	TRANSPORT IN NIGERIA	664
Around Kayes	533	Parc Regional du W	592		
Kéniéba	533	Dogondoutchi	593	Senegal	667
MALI DIRECTORY	533	Birni N'konni	593	Highlights	668
TRANSPORT IN MALI	538	Tahoua	594	Itineraries	668
		Maradi	595	Climate & When to Go	668
Mauritania	542	Zinder	596	History	670
Highlights	543	Diffa	598	The Culture	671
Itineraries	543	Nguigmi	598	Religion	672
Climate & When to Go	543	THE NORTH	599	Arts	672
History	543	Agadez	599	Environment	674
The Culture	546	Air Mountains &		Food & Drink	675
Arts	546	Ténééré Desert	603	DAKAR	676
Environment	547	Arlit	605	CAP VERT PENINSULA	693
Food & Drink	547	NIGER DIRECTORY	605	Île de Gorée	693
NOUAKCHOTT	548	TRANSPORT IN NIGER	609	Îles de la Madeleine	694
THE ATLANTIC COAST	554			Lac Rose	695
Nouâdhibou	554	Nigeria	613	Rufisque	696
Parc National du		Highlights	614	Keur Moussa Monastery	696
Banc d'Arguin	556	Itineraries	614	Kayar	696
THE ADRAR	557	Climate & When to Go	614	PETITE CÔTE	696
Atâr	557	History	614	Toubab Dialao & Ndayane	696
Azougi	560	The Culture	619	Accrobaobab	697
Terjît	560	Sport	619	Popenguine	697
Chinguetti	561	Religion	619	La Somone & Ngaparou	698
Tanouchert	562	Arts	620	Saly	698
Ouadâne	562	Environment	621	Mbour	700
Around Ouadâne	564	Food & Drink	622	Nianing	700
THE TAGÂNT	564	LAGOS	622	Joal-Fadiout	701
Tidjikja	564	AROUND LAGOS	630	THE SINÉ-SALOUM DELTA	701
Matmata	564	Lekki Conservation Centre	630	Palmarin	701
Tichit	564	Badagry	630	Ndangane & Mar Lodj	702
THE SOUTH	565	Abeokuta	631	Fimela & Simal	703
Rosso	565	THE SOUTH	631	Foundiougne	703
The Road to Mali	565	Ibadan	631	Sokone	703
Oualâta	566	Oshogbo	633	Toubakouta & Bamboung	703
MAURITANIA DIRECTORY	566	Benin City	635	Parc National du Delta du	
TRANSPORT IN		Okomu National Park	638	Saloum	704
MAURITANIA	568	Port Harcourt & the		CENTRAL & NORTHERN	
		Niger Delta	638	SENEGAL	704
Niger	572	Around Port Harcourt	638	Thiès	704
Highlights	573	Umahaia	638	Touba	705
Itineraries	573	Calabar	639	Kaolack	706
Climate & When to Go	573	Around Calabar	643	Desert de Lompoul	707
History	573	THE CENTRE	643	Saint-Louis	707
The Culture	576	Abuja	643	Around Saint-Louis	712
Sport	577	Jos	646	Senegal River Route	713
Religion	578	Bauchi	648	EASTERN SENEGAL	714
Arts	578	Yankari National Park	648	Tambacounda	715
Environment	578	Gashaka-Gumti		Wassadou & Mako	716
Food & Drink	579	National Park	649	Parc National du	
NIAMEY	579	THE NORTH	649	Niokolo-Koba	716
AROUND NIAMEY	589	Kaduna	650	Bassari Country	717
		Zaria	651	CASAMANCE	719

Ziguinchor	721
Basse Casamance	725
Casamance Nord	729
Haute Casamance	732
SENEGAL DIRECTORY	732
TRANSPORT IN SENEGAL	736

Sierra Leone 740

Highlights	741
Itineraries	741
Climate & When to Go	741
History	741
The Culture	744
Sport	745
Religion	745
Arts	745
Environment	746
Food & Drink	746
FREETOWN	746
AROUND FREETOWN	753
Beaches	753
Banana Islands	755
Regent & Around	756
THE SOUTH & EAST	756
Bo	756
Tiwai Island Wildlife Sanctuary	757
Sulima	758
Bonthe	758
Kenema	759
Gola Forest Reserve	760
Koidu-Sefadu (Kono)	760
THE NORTH	761
Makeni	761

Outamba-Kilimi National Park	762
Kabala	763
Mt Bintumani	763
SIERRA LEONE DIRECTORY	763
TRANSPORT IN SIERRA LEONE	766

Togo 769

Highlights	770
Itineraries	770
Climate & When to Go	770
History	770
The Culture	772
Economy	773
Sport	773
Religion	773
Arts	773
Environment	774
Food & Drink	774
LOMÉ	774
AROUND LOMÉ	783
Beaches	783
Agbodrafo & Lac Togo	783
Togoville	784
THE SOUTH	784
Aného	784
Kpalimé	785
Mt Klouto	787
Atakpamé	788
Badou	790
Parc National de Fazao-Malfakassa	790
THE NORTH	790

Sokodé	790
Bafilo	792
Kara	792
Around Kara	795
Koutammakou	795
Dapaong	797
TOGO DIRECTORY	798
TRANSPORT IN TOGO	801

West Africa Directory 804

Transport in West Africa 828

Health 850

Language 860

Glossary 878

The Authors 882

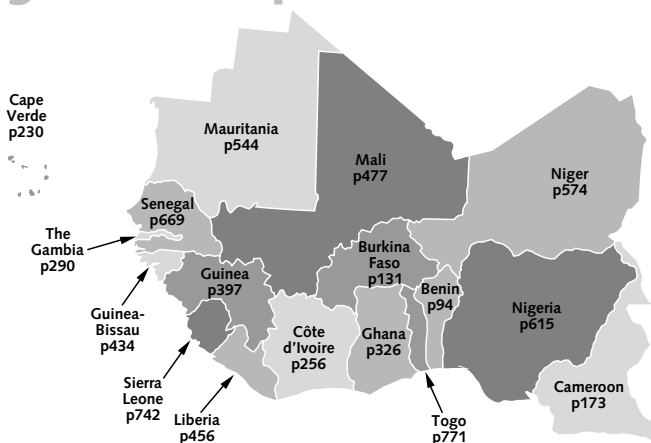
Behind the Scenes 885

Index 894

GreenDex 910

Map Legend 912

Regional Map Contents



© Lonely Planet. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'