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Many thanks to the travellers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Alex Wharton, Andrew Anderson, Anna Maedl, Ask Gudmundsen, Daniel Herszberg, Dimitrije Wentner, Flavia Robin, Jaime Diniz, Jeroen van der Hof, Jon Wisloff, Jonathan Fowle, Karen Kort, Karin Torsdotter, Lesley Wieme, Luke Edwards, Mickaël Tricot, Mikkel Christensen, Monique Teggelove, Nathan Nlanc, Peter Shortall, Rhia Haywood, Samuel Akologo, Santiago Ormeno, Sofie Nielsen, Yvonne & Lex Warners,

Michael Grosberg

In Guinea-Bissau, thanks to Adlino Costa for sharing his insights about his homeland; Daniel da Silva for his good-natured help; Mario for getting me to the islands; Solange and Alain on Rubane for their hospitality and assistance when sick; and to the Swiss travellers with whom I shared a beautiful Thanksgiving lunch and who picked me up when sick on the beach after hippo spotting on Orango. And my baby Rosie for her wonderful homecoming hugs. In Mauritania, my gratitude goes to Theresa Eno, Sidi Boidaha, Jimmy Baum, Adam Janssen, Isabelle and Frederic, and Betsy Freeman.

Nana Luckham

Thanks to all who helped me along the way, including Joe Addo, Aboubacar Diédhiou, Melvin Kraan, Richard at the Sleepy Hippo Hotel, Geoffrey Awoonor-Renner at Visit Sierra Leone for his invaluable advice, Fritz and Angela for their company on the road in Sierra Leone, Tapsir and Hannah for their hospitality in Freetown, Elizabeth Yirenchi, George Tenkorang and Zena Ampofo-Tenkorang for putting me up in Accra, Patrick Smith at Africa Confidential for useful pre-departure advice as always, and Yaa Yeboah and Benjamin Swift for minding the fort at home.

Vesna Maric

I would like to thank Matt Phillips for commissioning me for the project. Additional thanks go to Pascale and Charlotte in Abidjan, Ali in Burkina Faso, and Cheryl in Grand Bassam.

WRITER THANKS

Anthony Ham

Sincere thanks to Matt Phillips, my editor and wise Africa hand, for letting me roam across the continent in person and in print. Huge thanks also to the numerous writers who contributed to this edition.

Stuart Butler

First and foremost I must thank my wife, Heather, and children, Jake and Grace, for their patience and understanding while I was away in Guinea. Thanks to Patrick Madelaine for the car and Bouba for driving. Big thanks to Christelle Colin and team for a great weekend with the chimps. Thank you to Ismaël for the hospitality. Finally, thanks to the *guerisseur* for making the magic spell for my children – they loved it!

Helen Ranger

In Equatorial Guinea, thanks to Ambassador Crisantos Obama Ondo in Morocco who encouraged my trip to his country. In Malabo, Ángel Vañó shared his kaleidoscopic knowledge of Equatorial Guinea with great enthusiasm. To the local inhabitants who were astonished to see a tourist, thank you for a fascinating experience. May you see many more.

Caroline Sieg

Thanks to Myriam and Glenn in Cotonou for being such amazing hosts and travel buddies and for getting me sorted when my phone was stolen on Day 2. I owe you both massive beers in Munich. Special thanks to Lara for the pre-trip Liberia info and for being a voice on the phone when I most needed it. Big *bisou* to Lawrence for all the picnic supplies and last but not least, thanks to my Fatima for the endless supply of information and suggestions.

Helena Smith

Thanks for pre-trip help to Ranx, Segun, Alastair and Helen and Cordelia. In Cameroon: Caesar for excellent driving, Agatha and Ashwu in Limbe, Cyril in Buea for his kind invitation, Ismael in Foumban, Kelvin from Bamenda and Chris in Yaoundé. In Nigeria: Bikiya, Toba, Odunola and Leke for the warmest Lagos welcome, our friends Chike and Edet at Bogobiri, Kunle and his wife at the Jazz Hole, Boma for taking us to the Shrine, Rasheed for fantastic driving, Nike and her team, Doyin for a gracious Yoruba welcome, Pujá and Philip in Benin and Zac in Calabar. And to Art, for bringing a guitar and an open heart to Africa.

Regis St Louis

Countless guides, drivers, boat captains, innkeepers and many others helped along the way – and I am deeply grateful to the warmhearted people in West Africa. Special thanks go to Adama Ba, whose driving skills, humor and patience made the Senegambia journey a success. In Cabo Verde, thanks to Erick on Brava, Fatima on Fogo, Guillaume on Santo Antão, and Carolyn, Ismael and Bemvindo on Maio. Thanks to the support of Cassandra and

daughters Magdalena and Genevieve, who make this whole endeavour worthwhile.

Paul Stiles

My great thanks to Matt for this terrific assignment, to Diogo and Luis for helping steer me through the country, and to the many guides I met along the way, particularly Armando, Helton, Yes, Ruben, and Ramos. No leve leve allowed! As usual, I must also thank Sarah for taking care of the home front while I was away, not to mention putting up that São Tomé wood carving in the kitchen.

ACKNOWLEDGEMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification', *Hydrology and Earth System Sciences*, 11, 163344.

Cover photograph: Basketry market near Thies, Senegal, Tuul and Bruno Morandi/Getty ©

THIS BOOK

This 9th edition of *Lonely Planet's West Africa* guidebook was researched and written by Anthony Ham, Stuart Butler, Michael Grosberg, Nana Luckham, Vesna Maric, Helen Ranger, Caroline Sieg, Helena Smith, Paul Stiles and Regis St Louis. The previous edition was written by Anthony Ham, Jean-Bernard Carillet, Paul Clammer, Emilie Filou, Nana

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Thanks to Lauren O'Connell

Index

ABBREVIATIONS

B	Benin
BF	Burkina Faso
CV	Cabo Verde
C	Cameroon
CI	Côte d'Ivoire
EG	Equatorial Guinea
Gm	The Gambia
Gh	Ghana
Gu	Guinea
GB	Guinea-Bissau
L	Liberia
M	Mali
Ma	Mauritania
N	Niger
Ni	Nigeria
STP	São Tomé & Príncipe
S	Senegal
SL	Sierra Leone
T	Togo

A

Abeokuta (Ni) 288-9
 Abidjan (CI) 134-40, **136**,
138
 accommodation 134-7
 drinking 137
 entertainment 137
 food 137
 information 139-40
 shopping 139
 sights 134
 travel to/from 140
 travel within 140
 Abomey (B) 48-9
 Abono (Gh) 206-7
 Abuja (Ni) 292
 Abuko Nature Reserve
 (Gam) 173
 accessible travel 451
 accommodation 442-3, *see*

also individual destinations
 bookings 442
 Accra (Gh) 186-94, **188-9**,
192
 accommodation 187-90
 drinking & nightlife 191
 entertainment 191
 food 190-1
 information 191-3
 shopping 191
 sights 186
 travel to/from 194
 Achebe, Chinua 393
 activities 443-4, *see also*
individual activities
 Adanwomase (Gh) 206
 Adichie, Chimamanda
 Ngozi 394
 adinkra cloth 206, 414
 Adjara (B) 47
 Adrar, The (Ma) 268
 Afrobeat 407
 Agbodrafo (T) 363
 AIDS 468
 air travel 454-5, 458-9
 airlines 455, 458
 airports 454-5
 Akwidaa (Gh) 203
 Albreda (Gam) 175-6
 albums 403, 407
 Almoravids 379
 Al-Qaeda 441
 Amedzofe (Gh) 194-5
 amoebic dysentery 471
 Aného (T) 363
 animals 427-32, *see also*
individual species
 animism 397-8
 Anomabu (Gh) 196-7
 antelopes 430
 Arabic language 474-7
 architecture 412
 Arquipélago dos Bijagós
 (GB) 15, 236-8, **15**
 accommodation 237

art galleries, *see* museums
 & galleries
 Ashanti people 417
 Assinie (CI) 141-2
 Atakora Region (B) 14,
 49-50, **14**
 Atakpamé (T) 365
 ATMs 447
 Axim (Gh) 201-2

B

Bafoussam (C) 121-2
 Baía das Agulhas (STP) 17,
 307, **17**
 Baka people 127
 balafon 406
 Bambara people 418
 Bamenda (C) 119-21, **120**
 Banana Islands (SL) 348
 Bandjoun (C) 123-4
 Banfora (BF) 65-7
 Banjul (Gam) 165-6, **166**
 baobab trees 432
 Baobolong Wetland Reserve
 (Gam) 176
 Baoulé people 418
 Basse Santa Su (Gam)
 176-7
 Bata (EG) 155-6
 batik 332
 beaches 13, 20, **13**, **21**
 Anomabu (Gh) 196
 Arena Blanca (EG) 157
 Assinie (CI) 141-2
 Bojo Beach (Gh) 186
 Coco Beach (T) 358
 Curralinho (CV) 94
 Gambia, The 172
 Grand-Béréby (CI) 142
 Ilha de Orango (GB) 237
 Ilha de Rubane (GB) 238
 Labadi Beach (Gh) 186
 Lumley Beach (SL) 343
 Plage de N'Gor (S) 313
 Plage de Virage (S) 313
 Plage de Yoff (S) 313

Praia Banana (STP) 307
 Praia Bateria (STP) 306
 Praia Boi (STP) 307
 Praia Café (STP) 306
 Praia de Estoril (CV) 94
 Praia de Santa Mónica
 (CV) 94
 Praia Macaco (STP) 307
 Quinhámel (GB) 238
 safety 440
 Sassandra (CI) 142
 Silver Beach (L) 247
 Tokeh Beach (SL) 348-9
 Varandinha (CV) 94
 Varela (GB) 238

Benin 38-55, **39**
 accommodation 38, 53
 arts 52
 border crossings 55
 budgeting 53, 54
 climate 38
 electricity 54
 embassies &
 consulates 53
 emergency numbers 53
 environment 52
 food 38, 52
 gay travellers 53
 highlights 39
 history 51
 holidays 53-4
 internet access 53
 lesbian travellers 53
 money 53
 newspapers 54
 opening hours 53
 people 51-2, 424
 politics 51
 radio 54
 religion 52
 safety issues 53
 telephone services 54
 tourist information 54
 travel seasons 38
 travel to/from 54-5
 travel within 55

- visas 54
 - weights & measures 54
 - women travellers 54
 - Benin City (Ni) 290-1
 - Bertoua (C) 126
 - Betamaribé people 52
 - bicycle travel, *see* cycling
 - Bijilo Forest Park (Gam) 167, **11**
 - bilharzia 470
 - Bioko Island (EG) 150-4
 - birds 430-1
 - birdwatching 430
 - Bolong Fenyo Community Wildlife Reserve (Gam) 175
 - Parc National des Oiseaux du Djoudj (S) 330
 - Tanbi Wetland Complex (Gam) 165
 - Tanji River Bird Reserve (Gam) 174-82
 - Bissau (GB) 233-6, **234**
 - Bissau Velho (GB) 233
 - Biya, Paul 127-8
 - black market 447
 - blacksmiths 413
 - Bo (SL) 351
 - Boa Vista (CV) 94-6
 - boat travel 460
 - Bobo people 418-19
 - Bobo-Dioulasso (BF) 62-5, **64**
 - bagolan* cloth 414
 - Boko Haram 296, 386
 - Bolgatanga (Gh) 209-10
 - books 392, 414, 415, 416, 418, 419, 422, 423
 - car travel 456
 - culture 388, 390
 - environment 425, 430, 436, 437
 - for children 445
 - history 377, 378, 379, 384, 385
 - music 407-8
 - religion 397, 398, 400, 401
 - border crossings 455
 - Benin-Togo 50
 - Bossou (Gu) 226
 - brassware 413
 - Brava (CV) 96-7
 - bronze ware 413
 - Brufut (Gam) 174-5
 - Bubi people 419
 - Buchanan (L) 250-1
 - budgeting 19
 - Buea (C) 116-17
 - Bunce Island (SL) 349
 - Burkina Faso 56-73, **58-9**
 - accommodation 56, 71
 - arts 70
 - border crossings 72-3
 - budgeting 71, 72
 - climate 56
 - drink 70
 - electricity 71
 - embassies & consulates 71
 - emergencies 71
 - environment 70-1
 - food 56, 70
 - gay travellers 71
 - highlights 58-9
 - history 69-70
 - holidays 72
 - internet access 71
 - lesbian travellers 71
 - newspapers 71
 - opening hours 72
 - people 70, 418-19, 421-2
 - politics 69
 - postal services 72
 - radio 71
 - religion 70
 - safety issues 71
 - telephone services 72
 - tourist information 72
 - travel seasons 56
 - travel to/from 72-3
 - travel within 73
 - weights & measures 71
 - bus travel 460-1, 464
 - bush taxis 55, 231, 256, 273, 460-1
 - Burkina Faso 73
 - business hours 450
 - Busua (Gh) 202-3
 - Butre (Gh) 202
- C**
- Cabo Verde 74-104, **75**
 - accommodation 74, 100-1
 - activities 101
 - budgeting 101, 102
 - children, travel with 101
 - climate 74
 - culture 100
 - electricity 102
 - embassies & consulates 101
 - emergency numbers 101
 - environment 100
 - food 74, 101-2
 - gay travellers 102
 - highlights 75
 - history 99
 - holidays 102-3
 - internet access 102
 - lesbian travellers 102
 - money 102
 - music 100, 407
 - newspapers 102
 - opening hours 102
 - people 100
 - politics 98-9
 - postal services 102
 - radio 102
 - religion 100
 - safety 101
 - telephone services 103
 - tourist information 103
 - travel seasons 74
 - travel to/from 103
 - travel within 103-4
 - visas 103
 - volunteering 103
 - weights & measures 102
 - Calabar (Ni) 17, 291, **17**
 - Calhau (CV) 84-5
 - Cameroon 105-32, **106-7**
 - accommodation 105, 129
 - activities 129, 130
 - arts 128
 - border crossings 132
 - budgeting 129, 130
 - children, travel with 129
 - climate 105
 - culture 128
 - embassies & consulates 129-30
 - emergency numbers 130
 - environment 129
 - food 105
 - gay travellers 130
 - highlights 106-7
 - history 126-8
 - holidays 131
 - internet access 130
 - lesbian travellers 130
 - money 130
 - music 408
 - opening hours 131
 - people 419, 420, 422
 - politics 126
 - safety issues 129
 - sport 128
 - telephone services 131
 - tourist information 131
 - travel seasons 105
 - travel to/from 131-2
 - travel within 132
 - visas 131
 - wildlife 128
 - Campo (C) 125
 - Cão Grande (STP) 304
 - Cap Skirring (S) 11-17, 333-6, **10-11**
 - Cape Coast (Gh) 197-9, **198, 12**
 - Cape Coast Castle (Gh) 197
 - Cape Three Points (Gh) 203
 - car rental 462-3
 - car travel 455-6, 461-3
 - books 456
 - Casamance (S) 331-6, **334**
 - cash 448
 - castles
 - Cape Coast Castle (Gh) 197
 - St George's Castle (Gh) 200
 - Catedral de Santa Isabel (EG) 150
 - cathedrals, *see* churches & cathedrals
 - cell phones 18, 450-1
 - Chã das Caldeiras (CV) 90-1
 - children, travel with 444-5
 - books 445
 - chimpanzees 117, 144, 155, 158, 177, 226, 347, 429, **4-5**
 - cholera 467
 - Christianity 401
 - churches & cathedrals
 - Basílica (Yamoussoukro, CI) 143
 - Cathedral de Notre Dame (B) 40
 - Cathedrale St Paul (CI) 134
 - First United Methodist Church (L) 247
 - Nôtre Dame Cathedral (C) 108
 - Sagrada Familia Church (Basakoto, EG) 154
 - São Francisco Monastery & Church (CV) 79
 - Cidade Velha (CV) 79
 - cinema, *see* films
 - climate 18
 - climate change 454
 - cloth printing 206
 - Cogo (EG) 157
 - Conakry (Gu) 218-22, **220**
 - conservation 436-7

consulates 446
 cooking courses
 Cape Coast (Gh) 197
 costs
 health 467
 Côte d'Ivoire 133-48, **135**
 accommodation 133, 146
 activities 146
 arts & crafts 145-6
 border crossings 148
 budgeting 146, 147
 climate 133
 electricity 147
 embassies & consulates 146
 emergency numbers 147
 environment 146
 food 133
 gay travellers 147
 highlights 135
 history 145
 holidays 147
 internet access 147
 lesbian travellers 147
 money 147
 newspapers 147
 opening hours 147
 people 418, 419, 421-2, 422-3
 politics 145
 postal services 147
 radio 147
 safety 146
 telephone services 148
 tourist information 148
 travel seasons 133
 travel to/from 148
 travel within 148
 Cotonou (B) 40-3, **42-3**
 accommodation 40
 drinking & nightlife 41
 food 40-1
 information 41-2
 shopping 41
 sights 40
 travel to/from 42-3
 Cova (CV) 87
 craftwork 410-16
 credit cards 448
 Creek Town (Ni) 292
 crocodiles 431
 culture 387-91, 417
 books 388, 390

currency 18, 19, 448
 cycling 443, 459-60

D

Dafra (BF) 66
 Dakar (S) 15, 313-24, **316**, **318-19**, **320-1**, **15**
 accommodation 317-19
 activities 313
 drinking & nightlife 321
 entertainment 321-2
 festivals & events 317
 food 319-21
 medical services 322
 money 323
 postal services 323
 safety 322
 shopping 322
 sights 313
 tours 313-17
 travel to/from 323
 travel within 323-4
 Dalaba (Gu) 223-4
 Dan people 419
 dangers, see safety
 Dapaong (T) 367
 debit cards 448
 deep vein thrombosis 472
 deforestation 433
 dengue fever 467
 desert expeditions 443
 desertification 433-6
 diamonds 353, 374
 Diana monkeys 429
 diarrhoea 470-2
 disabilities, travellers with 181, 371, 450-1
 diving 443
 Dakar (S) 313
 Ilhéu das Rolas (STP) 306
 Santa Maria (CV) 92
 São Tomé (City, STP) 300
 southern coast (STP) 304
 Dogon people 419
 Douala (C) 113-16, **114-15**, **30**
 drill 429
 driving, see car travel
 driving licences 461
 drums 405-6

E

Eastern Cameroon 126
 Ebodjé (C) 126
 Ebola 227, 386

Ebolowa (C) 125
 electricity 445
 elephants 428
 Elmina (Gh) 200
 embassies 446
 Emecheta, Buchi 393-4
 Empire of Ghana 377
 Empire of Mali 377-8
 Empire of Songhai 378
 environment
 books 425, 430, 436, 437
 environmental issues 433-8
 Equatorial Guinea 149-62, **151**
 accommodation 149, 160
 arts & crafts 159-60
 budgeting 160, 161
 climate 149
 electricity 160
 embassies & consulates 160
 emergency numbers 160
 environment 160
 food 149
 gay travellers 160
 highlights 151
 history 159
 holidays 161
 internet access 161
 lesbian travellers 160
 money 161
 opening hours 161
 people 159, 419, 420, 422
 politics 158
 safety 160
 telephone services 161-2
 tourist information 162
 tourist permits 161
 travel seasons 149
 travel to/from 162
 travel within 162
 visas 162
 weights & measures 160
 Espargos (CV) 93-4
 etiquette 388, 390, 399, 446
 European explorers 383
 events 22-4
 Ewe people 419-20

F

Fadiout (S) 326
 Fang people 420
 Fela Kuti 283

Fespaco (BF) 395
 festivals & events 22-4
 Atlantic Music Expo (CV) 76
 Baía das Gatas Festival (CV) 81
 Bolgatanga International Crafts & Arts Fair (Gh) 209
 Calabar Festival (Ni) 291
 Carnaval (GB) 233
 Creole Carnival (CV) 81
 Dak'Art Biennale (S) 317
 Evala (T) 366
 Fespaco (BF) 57, 395
 Festival des Divinités Noires (T) 363
 Fête de l'Abissa (CI) 140
 Fête des Masques (BF) 63
 Gambou Music Festival (CV) 76
 Igwe Festival (Ni) 290
 Jazz à Ouaga (BF) 57
 Kriol Jazz Festival (CV) 76
 Les Fanals (S) 329
 Mardi Gras (Mindelo, CV) 84
 Mardi Gras (São Filipe, CV) 89
 Mindelact Festival (CV) 81
 Nguon tribal festival (C) 123
 Nhô São Filipe (CV) 89
 Odwira festival (Gh) 204-5
 Osun Festival (Ni) 290
 Saint-Louis Jazz Festival (S) 329
 SIAO (BF) 57
 Sierra Leone Marathon (SL) 349
 Tabaski (C) 123
 Voodoo Festival (B) 22, 46, **27**
 Fête des Masques (BF) 63
 figurines 411-13
 filariasis 467-8
 films 374, 394-6
 fishing 443-4
 Fogo (CV) 89-91
 food 390-1
 etiquette 390
 Forest Region (Gu) 225-6
 fortresses
 Fort San Antonio (Gh) 201
 Fortaleza Real de São Filipe (CV) 79

Foumban (C) 122-3
 Fouta Djallon (Gu) 222-5
 accommodation 223
 hiking 224
 Freetown (SL) 341-7, **342-3, 344, 29**
 accommodation 343-5
 drinking & nightlife 346
 food 345-6
 medical services 346
 money 346-7
 postal services 347
 safety 346
 sights 342-3
 tourist information 347
 travel agencies 347
 Freetown Peninsula (SL) 347-9
 French keyboards 446
 French language 477-9
 fuel 461-2
 Fula people 420

G
 galleries, *see* museums & galleries
 Gambian Coast 11
 Gambia, The 163-82, **164**
 accessible travel 181
 accommodation 163, 179
 arts & crafts 179
 budgeting 180
 children, travel with 179
 climate 163
 electricity 181
 embassies & consulates 180
 emergency numbers 180
 environment 179
 food 163
 gay travellers 180
 highlights 164
 history 178-9
 holidays 181
 internet access 180
 lesbian travellers 180
 money 180-1
 newspapers 181
 opening hours 181
 people 179
 politics 178
 postal services 181
 safety 179-80
 telephone services 181
 travel seasons 163
 travel to/from 181-2
 travel within 182

 visas 181
 weights & measures 181
 Ganvié (B) 45
 Gaoua (BF) 67
 gay travellers 446
 genital mutilation 389-90
 geography 425-7
 Ghana 183-216, **184-5**
 accommodation 183, 213
 arts 212
 border crossings 215
 budgeting 213, 214
 children, travel with 213
 climate 183
 electricity 215
 embassies & consulates 213
 emergency numbers 213
 food 183, 213
 gay travellers 214
 highlights 184-5
 history 211-12
 holidays 214
 internet access 214
 lesbian travellers 214
 money 214
 music 212, 408
 newspapers 215
 opening hours 214
 people 212, 417, 419-20, 421-4
 politics 210-11
 postal services 214
 radio 215
 religion 212
 safety 213
 telephone services 214
 television 215
 tourist information 214
 travel seasons 183
 travel to/from 215
 travel within 215-16
 visas 215
 weights & measures 215
 Ghanaian empire 377
 giardiasis 471
 giraffes 428
 GLBTI travellers 446
 Gola Rainforest National Park (SL) 352
 gorillas 429
 government travel advisories 441
 Grand Bassam (CI) 16, 140-1, **141, 16**
 Grand Popo (B) 47-8
 Grande Mosquée (BF) 63, **7**

Guinea 217-31, **219**
 accommodation 217, 228
 border crossings 230
 budgeting 228, 229
 climate 217
 embassies & consulates 228
 emergency numbers 228
 food 217, 228
 gay travellers 228-9
 highlights 219
 history 227-31
 holidays 229
 internet access 229
 lesbian travellers 228-9
 money 229
 postal services 229
 safety 228
 telephone services 229
 tourist information 229
 travel seasons 217
 travel to/from 230-1
 travel within 231
 visas 230
 volunteering 230
 weights & measures 230
 Guinea-Bissau 232-43, **233**
 accommodation 232, 241
 arts & crafts 240
 border crossings 243
 budgeting 241, 242
 climate 232
 electricity 242
 embassies & consulates 241
 emergency numbers 241
 food 232
 gay travellers 241
 highlights 233
 history 239-40
 holidays 242
 internet access 241
 lesbian travellers 241
 money 241-2
 music 407
 opening hours 242
 people 240
 politics 239
 postal services 242
 safety 241
 telephone services 242
 tourist information 242
 travel seasons 232
 travel to/from 243

 travel within 243
 visas 243
 weights & measures 242
 wildlife 240
 Guinean forests 436
 gumbé music 407
 Gunjur (Gam) 175

H
Half of a Yellow Sun 394, 396, 420
 Harper (L) 252
 Hausa language 481-2
 Hausa people 421
 health 465-73
 costs 467
 insurance 465-6
 websites 466
 heat exhaustion 471
 heatstroke 471
 hepatitis A 468
 hepatitis B 468
 highlife music 408
 highlights 10-17
 hiking 21, 444
 Bimbia Rainforest & Mangrove Trail (C) 117
 Brava (CV) 97
 Burkina Faso 67
 Cabo Verde 76
 Fouta Djallon (Gu) 224
 Jardim Botânico (STP) 306
 Kpalimé (T) 365
 Mt Nimba (L) 251
 Parc National de Taï (CI) 144
 Pico de São Tomé (STP) 306
 Pont de Dieu (Gu) 224
 Porto Real (STP) 308
 Roça Circuit (STP) 305
 Santo Antão (CV) 87
 Silacoro (CI) 144
 Sindou Peaks (BF) 67
 Volta a Ilha (STP) 304
 hippopotamuses 210, 429-30, **21**
 history 376-86
 books 377, 378, 379, 384, 385
 colonial period 380
 Ghanaian empire 377
 independence 385-6
 Malian empire 377-8
 prehistoric 376-7
 Songhai empire 378
 hitchhiking 463
 HIV 468

I
Ibadan (Ni) 289
Igbo people 421
Île de Gorée (S) 324-5
Île de N'Gor (S) 313
Îles de Los (Gu) 222
Ilha de Bolama (GB) 236
Ilha de Bubaque (GB) 236-7, **29**
Ilha de Orango (GB) 237
Ilha de Rubane (GB) 238
Ilha João Vieira (GB) 238
Ilhéu das Rolas (STP) 305-6, **21**
Ilhéu de Santana (STP) 304
indigo cloth 415
insurance 465-6
car 462
interior, São Tomé (STP) 306-7
internet access 446-7
internet resources 19
iron-ore train 266
Isla Corisco (EG) 157-8
Islam 398-400
itineraries 25-32, **25, 26, 28, 31, 32**

J
Janjanbureh (Gam) 176
jet lag 473
jewellery 415-16
Joal (S) 326
Johnson-Sirleaf, Ellen 384
Juffureh (Gam) 175-6
juju music 408

K
Kara (T) 366
Kassena Country (BF) 68-9
kente cloth 206, 212, 414
Kérékou, Colonel Mathieu 51
khasa blankets 415
Kiang West National Park (Gam) 176
Kibidwé (BF) 63
Kissidougou (Gu) 225
kitesurfing 444
Kokrobite (Gh) 196
Koro (BF) 63, 66
Koumi (BF) 63

Koutammakou (T) 366-7
Kpalimé (T) 14, 363-5, **14**
Kribi (C) 124-5
Krio people 350
Kumasi (Gh) 203-6, **204**
Kunta Kinteh Island (Gam) 175-6

L
La Mare aux Poissons Sacrés (BF) 66
Lac Togo (T) 363
Lagoa Amelia (STP) 306
Lagos (Ni) 279-88, **282, 284-5, 286-7**
accommodation 279-82
drinking & nightlife 283-4
entertainment 284-5
food 282-3
information 286-7
shopping 285
sights 279
travel to/from 288
travel within 288
Lake Ahémé (B) 48
Lake Bosumtwé (Gh) 206-7
language 474-85
Larabanga (Gh) 209
legal issues 447
le-lfe (Ni) 290
leptospirosis 468
lesbian travellers 446
Liberia 244-56, **245**
accommodation 244, 254
arts & crafts 254
border crossings 256
budgeting 254, 255
climate 244
culture 253
electricity 255
embassies & consulates 254
emergency numbers 254
environment 254
food 244, 255
gay travellers 255
highlights 245
history 253
holidays 255
internet access 255
lesbian travellers 255
money 255
newspapers 255
opening hours 255
people 253-4, 419

politics 252-3
safety 254
telephone services 255
tourist information 256
travel seasons 244
travel to/from 256
travel within 256
visas 256
weights & measures 255
lifestyle 387-91
Limbe (C) 117-19, **118**
lions 428-9
literature 392-4, see also books
Lobi people 68, 421-2
Lomé (T) 358-62, **360**
Luba (EG) 154

M
Maio (CV) 97-8
Makasutu Culture Forest (Gam) 173-4
Makeni (SL) 349-50
makossa music 408
Malabo (EG) 150-4, **152**
malaria 468-9, **468**
Mali 257-60, **259**
culture 259-60
environment 260
history 258-9
music 406, 409
people 260, 418, 418-19, 419, 423
safety 260
Malian empire 377-8
Malinké people 422
Mali-Yemberem (Gu) 224-5
mammals 427-30
Mamou (Gu) 222-3
Man (Ci) 143-4
maps 447
Mardi Gras (Mindelo, CV) 84
markets
Albert Market (Gam) 165
Cotonou (B) 40
Fish Market (CV) 81
Grand Marché (BF) 63
Grand Marché (T) 358
Kejetia Market (Gh) 203
Kpalimé Market (T) 364
Lekki Market (Ni) 279
Makola Market (Gh) 186
Marché Central (Yaoundé, C) 108
Marché de Cocody (Ci) 134
Marché des Féticheurs

(T) 358
Marché Tilène (S) 313
Mercado Grande (STP) 300
Mercado Municipal (CV) 81
Tanji Fish Market (Gam) 174
Vogan Friday Market (T) 363
Waterside Market (L) 246
Marshall (L) 249-50
masks 410, 411
Mauritania 261-73, **263**
accommodation 261, 270
arts & crafts 269-70
budgeting 271, 272
climate 261
culture 269
electricity 272
embassies & consulates 270
emergency numbers 271
environment 270
food 261, 271
gay travellers 271
highlights 263
history 269
holidays 271-2
internet access 271
lesbian travellers 271
money 271
newspapers 272
opening hours 271
people 269, 420, 423
politics 268
postal services 271
safety 270, 271
telephone services 272
television 272
tourist information 272
travel seasons 261
travel to/from 272
travel within 273
visas 272
weights & measures 272
women travellers 272
mbalax music 408
Mbour (S) 325-6
meningococcal meningitis 469
Mindelo (CV) 80-4, **82**
Missirah (S) 326-7
mobile phones 18, 450-1
Mognori Eco Village (Gh) 208
Moka (EG) 154

Mole National Park (Gh) 12, 208-9, **12**
 money 18, 447-9
 money changers 449
 monkeys 429
 Monrovia (L) 245-9, **246-7**
 accommodation 247-8
 drinking & nightlife 248-9
 food 248
 shopping 249
 sights 246-7
 Monte Alen National Park (EG) 158
 mosques
 Grande Mosquée (BF) 63, **7**
 Grande Mosquée (Ma) 262
 Grande Mosquée (S) 313
 Larabanga 209
 Mosquée Marocaine (Ma) 262
 Mossi people 422
 motion sickness 473
 motorcycle travel 456
 books 456
 Mt Agou (T) 365
 Mt Bintumani (SL) 350
 Mt Klouto (T) 365
 Mt Nimba (L) 251
 museums & galleries, *see*
 also slavery memorials
 & museums
 African Artists' Foundation (Ni) 279
 Bandjoun Station (C) 124
 Calabar Museum (Ni) 291
 Casa da Memoria (CV) 89
 Centre d'Art Acrobatique Keita Fodeba (Gu) 218
 Centre d'Exposition Artisanal de N'zérékoré (Gu) 225
 Centro de Artes e Cultura (CV) 94
 Cooperative des Cordonniers (Gu) 224
 Dja'r Fogo (CV) 89
 Espace Doual'art (C) 113
 Fondation Zinsou (B) 40
 Galerie Cécile Fakhoury (CI) 134
 IFAN Historical Museum (S) 324
 Jimoh Buraimoh's African Heritage Gallery (Ni) 290

Kalakuta Republic Museum (Ni) 279
 Musée d'Art Camerounais (C) 108
 Musée de la Blackitude (C) 108
 Musée de la Musique (BF) 57
 Musée de Poné (BF) 67
 Musée d'Histoire de Ouidah (B) 46
 Musée Ethnographique de Porto Novo (B) 45
 Musée Historique d'Abomey (B) 49
 Musée Honmé (B) 45
 Musée National (C) 108
 Musée National (CI) 134
 Musée National (Gu) 218
 Musée Théodore Monod (S) 313
 Museu do Mar (CV) 81
 National Cultural Centre (Gh) 204
 National Museum (BF) 57
 National Museum (Gh) 186
 National Museum (Ni) 290
 National Museum of Albrede (Gam) 176
 National Railway Museum (SL) 342
 Nick Amon's Art Gallery (CI) 140
 Nike Art Gallery (Ni) 279
 Prempeh II Jubilee Museum (Gh) 203
 Sakura Arts Studio (Gam) 167
 Sala-Museu Amilcar Cabral (CV) 76
 Sierra Leone National Museum (SL) 343
 Tanji Village Museum (Gam) 174
 Terra Kulture (Ni) 279
 Village des Arts (S) 313
 Wide Open Walls (Gam) 174-82
 Zinsou Foundation Museum (B) 46
 music
 albums 403
 books 407, 408
 Cabo Verdean 407
 Fela Kuti 283
 Malian 406
 styles 406-9
 musical instruments 405-6

N
 national parks & nature reserves, *see also* wild-life reserves & sanctuaries 433, 434-5
 Abuko Nature Reserve (Gam) 173
 Baobolong Wetland Reserve (Gam) 176
 Gola Rainforest National Park (SL) 352
 Kakum National Park (Gh) 199
 Kiang West National Park (Gam) 176
 Mefou National Park (C) 108
 Mole National Park (Gh) 12, 208-9, **12**
 Monte Alen National Park (EG) 158
 Outamba-Kilimi National Park (SL) 350-1
 Parc National de Campo-Ma'an (C) 125
 Parc National de Fazao-Malfakassa (T) 367
 Parc National de la Langue de Barbarie (S) 328
 Parc National de la Pendjari (B) 50
 Parc National de Niokolo-Koba (S) 331
 Parc National des Oiseaux du Djoudj (S) 330
 Parc National de Taï (CI) 144
 Parc National Diawling (Ma) 267
 Parc National du Banc d'Arguin (Ma) 268
 Parc National du Delta du Saloum (S) 326
 Parc National du Haut Niger (Gu) 226-7
 Parque Nacional das Ilhas de Orango (GB) 237
 Parque Nacional de Cantanhez (GB) 239
 Parque Nacional Marinho João Vieira e Poilão (GB) 238
 Parque Natural das Lagoas de Cufada (GB) 238-9
 Reserva Natural de Rio Campo (EG) 156
 Réserve de Nazinga (BF) 68
 Réserve Naturelle Somone (S) 325
 River Gambia National Park (Gam) 177
 Sapo National Park (L) 16, 251, **16**
 Tiwai Island Wildlife Sanctuary (SL) 351
 Ureca Nature Center (EG) 154
 New Afrika Shrine (Ni) 284-5
 Niger 274-7, **275**
 culture 276-7
 environment 277
 history 276
 safety 277
 Niger River 426
 Nigeria 278-97, **280-1**
 accommodation 278, 294
 budgeting 294, 296
 children, travel with 294
 climate 278
 culture 293-4
 electricity 295
 embassies & consulates 294-5
 emergency numbers 294
 environment 294
 food 278, 295
 gay travellers 295
 highlights 280-1
 history 292-3
 holidays 296
 internet access 295
 lesbian travellers 295
 money 295-6
 music 407, 408
 newspapers 295
 opening hours 296
 people 421, 424
 politics 292
 Postal services 296
 safety 294, 296
 telephone services 296
 television 295
 travel seasons 278
 travel to/from 297
 travel within 297
 visas 296-7
 weights & measures 295
 Nkrumah, Kwame 211
 Nouadhibou (Ma) 266-8
 Nouakchott (Ma) 262-6, **264**
 Ntonso (Gh) 206
 N'zérékoré (Gu) 225-6

O

- oil 374
- Okri, Ben 393
- onchocerciasis 469
- opening hours 450
- Oshogbo (Ni) 289-90
- Ouagadougou (BF) 57-62, **60-1**
 - accommodation 57-60
 - festivals & events 57
 - food 60-1
 - information 62
 - sights 57
 - travel to/from 62
 - travel within 62
- Ouidah (B) 46-7
- Outamba-Kilimi National Park (SL) 350-1

P

- palaces
 - Fon's Palace (C) 121
 - Moro-Naba Palace (BF) 57
 - Oóni's Palace (Ni) 290
 - Palais Royal (C) 122
 - Presidential Palace (T) 358
- Palmarin (S) 326
- Parc National de Campo-Ma'an (C) 125
- Parc National de Fazao-Malfakassa (T) 367
- Parc National de la Langue de Barbarie (S) 328
- Parc National de la Pendjari (B) 50
- Parc National de Niokolo-Koba (S) 331
- Parc National des Oiseaux du Djoudj (S) 330
- Parc National de Tai (CI) 144
- Parc National Diawling (Ma) 267
- Parc National du Banc d'Arguin (Ma) 268
- Parc National du Delta du Saloum (S) 326
- Parc National du Haut Niger (Gu) 226-7
- parks & gardens
 - Botanical Gardens (Limbe, C) 117
 - Centre Songhai (B) 45
- Cotton Tree (SL) 343
- Jardins Auguste Chevalier (Gu) 223
- Parque Nacional das Ilhas de Orango (GB) 237
- Parque Nacional de Cantanhez (GB) 239
- Parque Nacional Marinho João Vieira e Poilão (GB) 238
- Parque Natural das Lagoas de Cufada (GB) 238-9
- Paul (CV) 86-8
- Pedra do Lume (CV) 91
- people 375, 389, 417-24
 - Ashanti 417
 - Baka 127
 - Bambara 418
 - Baoulé 418
 - Betamaribé 52
 - Bobo 418-19
 - Bubi 419
 - Dan 419
 - Dogon 419
 - Ewe 419-20
 - Fang 420
 - Fula 420
 - Hausa 421
 - Igbo 421
 - Krio 350
 - Lobi 68, 421-2
 - Malinké 422
 - Mossi 422
 - Pygmy 422
 - Senoufo 422-3
 - Somba 52
 - Songhai 423
 - Tuareg 423
 - Wolof 423-4
 - Yoruba 424
- Petite Côte (S) 325-7
- Pico de São Tomé (STP) 306
- planning
 - budgeting 19
 - itineraries 25-32, **25 27, 28, 31, 32**
 - travel seasons 18, **18**
 - West Africa basics 18
 - West Africa's countries 33-6
- plants 432-3
- poaching 437-8
- poliomyelitis 469-70
- politics 375
- polygamy 389
- Ponta do Sol 85-6
- population 375, 387, 391
- Porto Novo (B) 44-6

- Porto Novo (CV) 85
- Portuguese language 479-81
- Possotomé (B) 48
- postal services 449
- Povoação Velha (CV) 94
- Praia (CV) 76-9, **78**
- primates 429
- Príncipe (STP) 307-8, **30**
- Pygmy people 422

Q

- Quinhámel (GB) 238

R

- rabies 470
- Rawlings, Jerry 211
- red colobus 429
- religion 375
 - books 397, 398, 400, 401
 - Christianity 401
 - Islam 398-400
 - traditional 397-8
- Réserve de Nazinga (BF) 68
- Ribeira Grande (CV) 86
- Ring Road (C) 13, 121, 122, **13**
- Rio Campo (EG) 156-7
- Rio Muni (EG) 154-8
- River Gambia National Park (Gm) 177
- River No 2 (SL) 348
- road rules 463
- road safety 440, 463
- Robertsport (L) 250
- Roça Agua Izé (STP) 304
- rock climbing 444
- Route des Pêches (B) 44
- Rui Vaz (CV) 79-80
- Ruta 47 (EG) 154

S

- safaris 210, 431
 - Mole National Park (Gh) 208
- safety 374, 440
 - road 463
 - tips 440
 - wildlife 431
- Saint-Louis (S) 327-30, **328**
- Sal (CV) 91-4
- Saly (S) 325-6
- San Pedro (CI) 142-3
- Sankara, Thomas 69
- Santa Maria (CV) 92-3
- Santiago (CB) 75-80
- Santo Antão (CV) 14, 85-9
- Santo Antao (CV) **27**
- Santo Antão (CV) **14**
- Santo António (STP) 308
- São Filipe (CV) 89-90
- São Nicolau (CV) 98
- São Tomé (City) 300-3, **301**
- São Tomé & Príncipe 298-311, **299**
 - accommodation 298, 310
 - budgeting 310
 - climate 298
 - emergency numbers 310
 - environment 309-10
 - food 298
 - gay travellers 310
 - highlights 299
 - history 309
 - holidays 310-11
 - internet access 310
 - lesbian travellers 310
 - money 310
 - opening hours 310
 - people 309
 - politics 309
 - postal services 310
 - safety 310
 - telephone services 311
 - tourist information 311
 - travel seasons 298
 - travel to/from 311
 - travel within 311
 - visas 311
- São Tomé northern coast 303-4
- São Tomé southern coast 304-5
- São Tomé (STP) 300-7
- São Vicente (CV) 80-4
- Sapo National Park (L) 16, 251, **16**
- Sassandra (CI) 142
- scams 440-1
- schistosomiasis 470
- sea travel 457
- sea turtles 432
- Senegal 312-39, **314-15**
 - accommodation 312, 337
 - budgeting 337, 338
 - climate 312
 - culture 337
 - electricity 338
 - embassies & consulates 337

- emergency numbers 337
 food 312
 gay travellers 338
 highlights 314-15
 history 336
 holidays 338
 internet access 338
 lesbian travellers 338
 money 338
 music 408
 newspapers 338
 opening hours 338
 people 337, 420, 423-4
 politics 336
 postal services 338
 safety 337
 telephone services 338
 television 338
 tourist information 338-9
 travel seasons 312
 travel to/from 339
 travel within 339
 visas 339
 weights & measures 338
 Senoufo people 422-3
sept-place 243, 339
 Serekunda (Gam) 167-73, **168-9**
 Sierra Leone 340-55, **341**
 accommodation 340, 354
 climate 340
 culture 354
 electricity 354
 embassies & consulates 354
 emergency numbers 354
 food 340, 354
 gay travellers 354
 highlights 341
 history 353
 holidays 355
 internet access 354
 lesbian travellers 354
 money 354-5
 opening hours 355
 politics 352-3
 safety 354
 telephone services 355
 tourist information 355
 travel seasons 340
 travel to/from 355
 travel within 355
 weights & measures 354
 Silacoro (CI) 143-4
 Sindou Peaks (BF) 13, 67, **13**
 Siné-Saloum Delta (S) 325
 Sirleaf, Ellen Johnson 252
 Slave Coast (Gh) 12
 slavery 99, 275, 324, 353, 381, 384
 slavery memorials & museums
 La Maison des Esclaves (S) 324
 Route des Esclaves (B) 46
 Slave History Museum (Ni) 291
 snake bites 472
 snakes 431
 snorkelling 443
 Sokodé (T) 367-8
 Somba people 52
 Songhai empire 378
 Songhai people 423
 Southern Cameroon 124-6
 stings 471-2
 Sundiata Keita 379
 surfing 444
 Freetown Peninsula (SL) 347
 Kokrobite (Gh) 196
 Plage de Yoff (S) 313
 Robertsport (L) 250
 Santa Maria (CV) 92
 swimming 444
T
 Tafi Abupei Cultural Centre (Gh) 195
 Takoradi (Gh) 200-1
 talismans 410-11
 Tamale (Gh) 207-8
 Tambacounda (S) 331
 Tamberma compounds 367
 Tanji (Gam) 174
 tap water 472
 Tarrafal (Santiago, CV) 80
 Tarrafal (Santo Antão, CV) 88-9
tata 367
 taxi-brousse, see bush taxis
 taxis 464
 telephone services 450-1
 Tengréla Lake (BF) 66
 terrorism 374
 textiles 413-15
The Blues: Feels Like Going Home 402
Things Fall Apart 393
 Tiébélé (BF) 68-9
 Timbuktu manuscripts 380
 time 18, 451
 tipping 450
 Tiwai Island (SL) 351-2
 Togo 356-72, **357**
 accessible travel 371
 accommodation 356, 369
 arts 369
 budgeting 369, 370
 children, travel with 369
 climate 356
 culture 369
 electricity 371
 embassies & consulates 370
 emergency numbers 370
 environment 369
 food 356
 gay travellers 370
 highlights 357
 history 368-9
 holidays 370-1
 internet access 370
 lesbian travellers 370
 money 370
 opening hours 370
 people 369, 419-20
 politics 368
 postal services 370
 religion 369
 safety 370
 telephone services 371
 tourist information 371
 travel seasons 356
 travel to/from 371
 travel within 372
 visas 371
 weights & measures 371
 women travellers 371
 Togoville (T) 363
 toilets 451
 Tokeh Beach (SL) 348-9
 Toubab Dialao (S) 327
 Toubakouta (S) 326-7
 tourist information 451
 tours 457
 train journeys 464
 iron-ore train (Ma) 266
 train travel 464, see also train journeys
 transfers, money 449
 travel advisories 441
 travel to/from West Africa 454-7
 travel to West Africa 19
 travel within West Africa 19, 457-64
 travellers cheques 450
 trypanosomiasis 470
 Tuareg people 423
 tuberculosis 470
 Tujering (Gam) 177
 Turtle Islands (SL) 351
 turtles 431-2
 typhoid 470
U
 Ureca (EG) 17, 154, **17**
V
 vaccinations 466
 Varela (GB) 238
 Viana Desert (CV) 94
 Vila das Pombas (CV) 88
 Village des Arts (S) 313
 Visa des Pays de l'Entente 451
 visas 451-2
vodou, see voodoo
 Volta region (Gh) 194-6
 volunteering 452-3
 voodoo 22, 46, **27**
W
 Wa (Gh) 210
 walking, see hiking
 Wassoulou music 409
 Wassu Stone Circles (Gam) 178
 water 472
 water purification 437
 water sports 444
 waterfalls
 Cascade de Womé (T) 363-4
 Cascata São Nicolau (STP) 306
 Chutes de Ditinn (Gu) 223
 Chutes de la Lobé (C) 124
 Karfiguéla Waterfalls (BF) 66
 La Cascade (CI) 144
 Wli Falls (Gh) 195-6
 weather 18, see also individual countries
 weaving 206
 websites
 health 466
 tours 457
 Western Cameroon 112-24
 Wide Open Walls (Gam) 174

wilderness 20-1
 wildlife 20, 427-33
 safety 431
 wildlife reserves &
 sanctuaries
 Afi Mountain Drill Ranch
 (Ni) 291
 Bijilo Forest Park (Gam)
 167, **11**
 Chimpanzee Rehabili-
 tation Project (Gam)
 177
 Fathala Wildlife Reserve
 & Lodge (S) 326-7
 Institut de Recherche
 Environnementale
 Bossou (Gu) 226
 Kachikally Crocodile Pool

 (Gam) 167
 Lekki Conservation
 Centre (Ni) 279
 Limbe Wildlife Centre
 (C) 117
 Moka Wildlife Center
 (EG) 155
 Parc Sarakawa (T) 366
 Réserve Satellite du Cap
 Blanc (Ma) 267
 Tacugama Chimpanzee
 Sanctuary (SL) 347
 Tafi Atome Monkey
 Sanctuary (Gh) 195
 Wechiau Hippo
 Sanctuary (Gh) 210
 windsurfing 444
 Wli Falls (Gh) 195-6

Wolof language 482
 Wolof people 423-4
 women in West Africa
 388-90
 women travellers 453

X

xylophone 406

Y

Yamoussoukro (CI) 143
 Yaoundé (C) 108-12,
 110, 112
 accommodation 108-9
 entertainment 111
 food 109-11

information 111
 safety issues 111
 sights 108-32
 tours 108
 travel to/from 111-12
 travel within 112
 yellow fever 470, **471**
 vaccination 466
 York (SL) 350
 Yoruba language 482
 Yoruba people 424

Z

zemi-johns 55
 Ziguinchor (S) 331-3, **333**
 Zwedru (L) 251-2

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Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Body surfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



Helen Ranger

Equatorial Guinea Although born and brought up in the UK, Helen left in her early twenties to explore other shores. Cape Town was her home for many years but she now lives in Fez, Morocco. She has contributed to Lonely Planet's *Fez Encounter*, *South Africa*, *Lesotho & Swaziland*, *Cape Town*, *Africa* and *Morocco* guides. Follow her on Twitter: @helenranger @feziads @conciergormorocco and on Instagram: helenranger and conciergormorocco.



Caroline Sieg

Benin, Liberia, Togo Caroline began her career producing foreign-language textbooks before hopping over to travel publishing, first as a travel editor at Frommer's Travel in the US and later as a commissioning editor at Lonely Planet in London. She then managed and curated digital marketing content for diverse brands including Travelzoo and Art Basel. She's written about destinations across the globe. For Lonely Planet she's covered the US, Africa and Europe.



Helena Smith

Cameroon, Nigeria Helena is an award-winning writer and photographer covering travel and food – she has written guidebooks on destinations from Fiji to northern Norway. Helena is from Scotland but was partly brought up in Malawi, so Africa always feels like home. She also enjoys global travel in her multicultural home borough of Hackney and wrote, photographed and published *Inside Hackney*, the first guide to the borough (insidehackney.com).



Regis St Louis

Cabo Verde, The Gambia, Senegal Regis grew up in a small town in the American Midwest and developed an early fascination with foreign dialects and world cultures. Regis has contributed to more than 50 Lonely Planet titles, covering destinations across six continents. His travels have taken him from the mountains of Kamchatka to remote island villages in Melanesia, and to many grand urban landscapes. When not on the road, he lives in New Orleans. Follow him on www.

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Paul Stiles

São Tomé & Príncipe When he was 21, Paul bought an old motorcycle in London and drove it to Tunisia. That did it for him. Since then he has explored around 60 countries, and covered many adventure destinations for Lonely Planet, including Morocco, Madagascar, São Tomé & Príncipe, Indonesia, the Philippines, Hawaii, Maui, and Kaua'i. In all things, he tries to follow the rocking chair rule: when making key life decisions, assume the perspective of an elderly person sitting in a rocking chair. Because some day that will be you.



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Anthony Ham

Plan, Understand, Survival Guide Anthony is a freelance writer and photographer who specialises in Spain, East and Southern Africa, the Arctic and the Middle East. When he's not writing for Lonely Planet, Anthony writes about and photographs Spain, Africa and the Middle East for newspapers and magazines in Australia, the UK and US.



Stuart Butler

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Published by Lonely Planet Global Limited

CRN 554153

9th edition – Sep 2017

ISBN 978 1 78657 042 0

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10 9 8 7 6 5 4 3 2 1

Printed in China

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