

Contents

INTRODUCTION	7
FACTS ABOUT THE REGION People 10 - Social Customs 14 - Geography 17 - Climate 18 - Economy 20 - Music 22 - Woaley 27 - Religion 28 - Festivals & Holidays 30 - Game Parks 33 - Language 33	10
FACTS FOR THE VISITOR Visas 34 - Embassies & Consulates 36 - Money 36 - Costs 39 - Tipping 39 - Concerns of Business People 40 - General Information 41 - Health 42 - Theft & Security 46 - Photography 47 - Food 49 - Drinks 51 - Books & Bookstores 52 - Sports 56 - Things to Buy 59 - Markets 62 - What to Take 62 - When to Travel 64 - Planning an Itinerary 64	34
GETTING THERE From New York 66 - From London 66 - From Paris 68 - From Munich & Brussels 70 - From Australia 70 - Package Tours 71 - Adventure Trips 72 - Overland Expeditions By Truck 73 - By Freighter 74 - Crossing the Sahara 75 - Travelling Through Algeria 81	66
GETTING AROUND Air 86 - Bush Taxis 88 - Bus 89 - Trains 89 - Driving 90 - Taxis 90 - Car Rental 91	86
BENIN History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Cotonou - Around Cotonou - The South - Porto-Novo - Ouidah - Lokossa - Abomey - Dassa Zoumé - The North - Parakou - Djougou - Game Parks & Somba Country - Natitingou - Kandi - Malanville	93
BURKINA FASO History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Ouagadougou - The West - Bobo-Dioulasso - Around Bobo-Dioulasso - Banfora - Around Banfora - Boromo - Koudougou - The East - Koupéla - Game Parks - The North - Ouahigouya - Kaya - Dori - Gorom-Gorom - Markoye	112
CAPE VERDE History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - São Tiago Island - Praia - Tarrafal - São Domingos - Cidade Velha - Island Tour - São Vicente Island - Mindelo - Fogo Island - São Felipe - Mt Fogo - The Caldera - Sal Island	131
THE GAMBIA History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Banjul - The Interior - Abuko Nature Reserve - Juffure, Alreda & Ft James Island - Tendaba - Georgetown - Wassu - Basse	152
GHANA History - People - Geography - Climate - Visas - Money - Language - General Information - Things to Buy - Getting There - Getting Around - Accra - Around Accra - The Coast - Coastal Forts - The North - Kumasi - Sunyani - Tamale - Around Kumasi - Bolgatanga - Navrongo	162
GUINEA History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Conakry - Around Conakry - Fouta Djallon - Dalaba - Pita - Labé - Mali - Koundara - The East - Kankan - Faranah - Kissidougou - Macenta - Nzérékoré	187
GUINEA-BISSAU History - People - Geography - Visas - Money - Language - General Information - Getting There - Getting Around - Bissau - Bubaque Island - Other Islands - Bafatá - Bolama - Gabú - Farim	202

IVORY COAST History - People - Geography - Climate - Festivals - Language - Visas - Money - General Information - Food - Getting There - Getting Around - Abidjan - Around Abidjan - The Coast-East - Grand Bassam - Assinie - The Coast-West - Jacqueville - Dabou - Tieba - Sassandra - San Pedro - Grand-Béréby - Tai National Park - Boubéle - The North - Korhogo - Around Korhogo - Boundiala - Odienné - Ferkéssédougou - Comoé National Park - Kong - The West - Man - Around Man - The Centre - Yamoussoukro - Bouaké - Katiola	216
LIBERIA History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Monrovia - Around Monrovia - The Coast - Robertsport - Buchanan - Harper - The Interior - Gbarnga - Ganta - Yepeka - Sarpo National Park	249
MALI History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Bamako - Around Bamako - The Niger River Route - Ségou - Mopti - Djenné - Dogon Country - Timbuktu - Around Timbuktu - Gao - Going to Niger - Cattle Crossing at Diafarabé - Hombori - San - Sikasso - Kayes	267
MAURITANIA History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Nouakchott - The North - Nouadibhou - Arguin Bank National Park - Nouamghâr - Cape Tagarit - Adrar Region - Atâr - Chinguetti - Oudâne - Zouerate - The South - Tagant Region - Tidjikja - Tichitt - Kaédi - Keur Massène - Rosso	298
NIGER History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Niamey - Around Niamey - The North - Agadez - Around Agadez - Air Mountains & Ténéré Desert - La Cure Salée - Arlit - The South - Ayorou - Dosso - Say - Parc 'W' - Felingué - Tahoua - Birnin-Nkoni - Maradi - Zinder	317
NIGERIA History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Lagos - The South - Ibadan - Around Ibadan - Benin City - Onitsha - Owerri - Enugu - Obudu Cattle Ranch - Port Harcourt - Aba - Calabar - The Centre - Jos - Abuja - Kaduna - Zaria - Yankari Game Reserve - The North - Kano - Around Kano - Katsina - Sokoto - Maiduguri	342
SENEGAL History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Dakar - Around Dakar - La Petite Côte - Sali, M'Bour & Nianing - Joal-Fadiouth - The Sine-Saloum - Kaolack - Foundiougne - Toubacouta - Ndangane - Djiffer - The Casamance - Ziguinchor - Rural Casamance - Cap Skirring - Parc National de Basse Casamance - The Northern Region - Touba - St-Louis - Parc National des Oiseaux du Djoudj - Maka-Diama - The Eastern Region - Tambacounda - Niokolo-Koba National Park	376
SIERRA LEONE History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Freetown - The Interior - Kenema - Bo - Magburaka - Makeni - Game Reserves	409
TOGO History - People - Geography - Climate - Visas - Money - Language - General Information - Getting There - Getting Around - Lomé - Around Lomé - The South - Kpalimé - Around Kpalimé - Atakpamé - Around Atakpamé - Fazao National Park - Sokodé - Bassar - The North - Lama-Kara - Sara-Kawa - Kpagouda - Niamtougou - Valley of the Tamberma - Kérâ National Park - Dapaong	425
INDEX Map Index	449