

[TOURIST GUIDE]

# Discovering Guinea-Bissau

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## SPECIFICATIONS

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# Preface

Relations between the European Union and the Republic of Guinea-Bissau date back to 1975, the year the country joined the first Lomé Convention. So, in 2015, we celebrate 40 years of development partnership between Guinea-Bissau and the European Union.

We pride ourselves on having established, over these 40 years, and jointly with our 28 Member States, a continuous dialog with national partners, based on peace project, democracy and respect for human rights, always committed in providing support to several sectors of common interest in order to promote a sustainable and comprehensive socio-economic development.

Guinea-Bissau has a strong history and is the cradle of many traditions that challenge us at every turn and surprise us with the peculiarities that enrich it and make it so special to visitors, although it remains a mystery in the globalized world in which we live. The potential tourist of this country, yet to be known and explored, hides a rich heritage, result of its location and unique flora and fauna characteristics, as well as ethnic and cultural diversity.

This Tourist Guide, created in collaboration with the NGO “Afectos com Letras” and the Ministry of Tourism and Handicraft, intends to show to the potential visitor of Guinea-Bissau its natural, social and cultural excellence, in an unpretentious guide, which also shows a range of cooperation projects financed by the European Union<sup>1</sup>. We believe this is an important contribution so that everyone can get to know Guinea-Bissau and enjoy its most intrinsic riches without interfering with the preciousness it has: a world sanctuary of biodiversity that should be respected and protected.

Victor Madeira dos Santos

**Ambassador**

**Head of the EU Delegation for the Republic of Guinea-Bissau**



1- For more information on European Union activities in Guinea-Bissau, see: [http://eeas.europa.eu/delegations/guinea\\_bissau/index\\_pt.htm](http://eeas.europa.eu/delegations/guinea_bissau/index_pt.htm) | <https://www.facebook.com/delegacaoebissau>

# MAP OF GUINEA-BISSAU





GAMBIA

SENEGAL

Bafatá

Oio

Gabú

GUINEA-BISSAU

BISSAU

Quinara

Tombali

GUINEA

Ingore

Barro

Farim

Bissorã

Gabú

Bafatá

Bambadinca

Xíme

Mansôa

Nhamira

Safim

Enxudé

Fulacunda

Quebo

Buba

Bolama

Catió

Cacine

Biombo

ndame

Formosa Island

ma

ue

Roxa Island

Geba River

Rio Grande de Buba



CACHEU



QUINHAHEL



BAFATÁ



SALTINHO

## WHAT TO VISIT IN: ONE DAY

**Historical and cultural tour:** The city of Bissau, the Rei Islet and peripheral neighbourhoods.

**Guinean art and traditions tour:** Quinhamel with visit to Artissal and the distillery with a lunch of oysters and a stroll by the river branches and mangroves. How to travel: drive to Quinhamel which is located 37 km from Bissau.

**Nature tour:** Visit the Cacheu River Mangroves Natural Park, by boat trip to São Domingos or to one of the more distant villages. How to travel: drive from Bissau to Cacheu (100 km) and then by motorized boat hired in advance. Tours schedules are conditioned by the tides.

**Historical and cultural tour:** city of Cacheu – slave route - and the city of Canchungo - visit to the city and contact with local craftwork. How to travel: drive from Bissau to Cacheu (100 km) with a return stop in Canchungo, located 79 Km from Bissau.

**Historical and cultural tour:** city of Bafatá (birth city of Amílcar Cabral) and through the typical village of Tabatô, whose residents build and play the *Balafon*, a traditional instrument of the Mandinga culture. How to travel: drive from Bissau to Bafatá (150 Km) and then 10 km to Tabatô.

**Nature tour:** The rapids in Saltinho and Cussilinta. It's possible to bathe and enjoy a natural jacuzzi in Corubal River. How to travel: drive from Bissau to Saltinho (175 km) with a return stop at Cussilinta, which is located 15 km from Saltinho.

## TWO DAYS

**Nature tour:** The Cufada Lagoons Natural Park: kayak ride, hiking, boat trip along Rio Grande de Buba. How to travel: drive from Bissau to Buba (223 km) and 20 km of dirt road to the lagoons.

**Tour along the beaches:** a visit to Varela allows the tourist to see the most beautiful beach in the country's continental coast and the culture of Felupe ethnic group. How to travel: drive 175 km from Bissau with the last 53 km in dirt road.

**Historical and cultural tour:** visit to the Cantanhez Forest, where chimpanzees can be seen in their daily routine and visit to the Guinea-Bissau Museum of Independence, in Guiledje. How to travel: drive 258 km from Bissau, the last 60 Km being of dirt road in very poor condition.



CUFADA LAGOONS



CANTANHEZ FOREST

VARELA







**BOLAMA**



**KERÉ**



**ORANGO**

## THREE DAYS

**Historic tour:** visit to the Island of Bolama and its capital, with the same name. Tourists may travel to the Island of Galinhas in a motorized canoe. How to travel: in a boat that leaves Bissau on Friday and returns on Sunday. Schedules are conditioned by the tides; to be checked at the harbour on the day prior to the trip.

**Nature and Bijagós traditions tour:** visit to the Island of Bubaque with the possibility of a trip to the Islands of Rubane, Soga and Canhabaque in motorized canoes or private boats hired locally. How to travel: in a boat that leaves Bissau on Friday and returns on Sunday. Schedules are conditioned by the tides; to be checked at the harbour on the day prior to the trip.

**Nature tour:** Islands of Keré, Caravela and Carache. How to travel: trip by boat from Ponta Biombo with flexible days and schedules to be arranged with the Keré Hotel, proprietor of the boat.

**Historic and nature tour:** Island of Orango known for its community of amphibian hippos, visit to the mausoleum of Queen Okinka Pampa, who ruled the Bijagós until 1923, the year of her passing. The Queen is worshiped throughout the Archipelago. How to travel: boat trip to Orango, to be scheduled with IBAP, Orango Parque Hotel or a travel agency.

Note: The dirt roads' condition depends on the season, and is worsened during the rainy season, when the average speed does not exceed 30-40 km / hour.



**RUBANE**

## A WEEK OR MORE

**Tour of the islands** with the option of taking a cruise from 8 to 10 days along the wildest Islands of difficult access. How to travel: Africa Princess cruise.

**Tour of woods and forests of Guinea-Bissau.** How to travel: by car.

**Tour of Guinea-Bissau's rivers.** How to travel: by car and some parts of the tour can be done by canoe.

**Historic tour of the Guinea-Bissau region's capitals.** How to travel: by car in continental regions and in the autonomous sector of Bissau, and by boat to Bolama Island.



**CANTANHEZ FOREST**



**ISLAND OF BUBAQUE**





# HISTORIC INTRODUCTION

## From the country origins until today

The first traces of human presence in Guinea-Bissau date back to 200,000 years BC, but the most obvious historical records begins in the 3<sup>rd</sup> millennium BC with the arrival of the peoples from Sahara desert, ancestors of today's ethnic groups of the coast and islands of Guinea-Bissau. In the fourth century BC, the empire of Ghana was established, which would last until the eleventh century, when the Almoravids take Kumbi-Saleh, the capital of Ghana. It is then that the Naulus and Ladurnas people come to Guinea-Bissau, which dominated the Mandinga people belonging to the Kingdom of Gabú, established between the northeast region of Guinea-Bissau and the Casamance region. The Gabú Kingdom was, in turn, a vassal of the Mali Empire (1230-1546), a rich and sumptuous state that extended between the region of Senegal River and Uper Niger.

The arrival of the Portuguese in Guinea-Bissau took place between 1445 and 1447 and is attributed to Nuno Tristão, who died in the first forays in an attack perpetrated by local tribes in Geba River. Other historians attribute it to Álvaro Fernandes, who arrived at Varela Beach around the same time.

The Portuguese presence in the territory began in 1588 in Cacheu village which at the time was under the administration of the Cape Verde Archipelago. The town was known for its port of deep waters, ideal for shipping gold, ivory, spices and slaves. In addition to the Portuguese and Cape Verdean traders, Cacheu was the home of the Portuguese adventurers and to those condemned to exile. The follow-

ing Portuguese settlements, which also established trading posts, happened after 1640 and were always made from the rivers: Casamance, São Domingos, Farim, Bissau, and later, Bolama and Bafatá.

The Captaincy of Bissau was established in 1753 by the Portuguese. The British were able to settle in Bolama, the island of the Bijagós Archipelago nearest to the continental territory of Guinea-Bissau, in 1792.

In 1879 there was an administrative detachment from Cape Verde and it became a Portuguese colony known as Portuguese Guinea, which had Bolama as its first capital.

After the Berlin Conference (1884 - 1885), in which Portugal presented the failed Pink Map, this country was quick to accomplish the populating of Guinea-Bissau and devote themselves to agriculture, but not before the population resisted and bloody battles followed. In 1936 the last major rebellion occurred, which became known as the rebellion of the Bijagós of Canhabaque. The Guinean population was forced to forced labour, the infrastructure had little development and there was a preference for the appointment of Cape Verde as employees.

In 1951, due to international pressure, the Colony status of Portuguese Guinea is replaced by that of an Overseas Province, but the Guinean resistance and the struggle for self-determination were still felt, with creation of the PAIGC (African Party for the Independence of Guinea and Cape Verde) on 19<sup>th</sup> September, 1956, by Amílcar Cabral, Luís Cabral, Aristides Pereira and Júlio de Almeida. For three years the PAIGC resistance was peaceful but stiffened after the Pidjiguiti massacre on 3<sup>rd</sup> August, 1959. On this day, workers of the Port of Bissau - dock workers and sailors - were on strike, demanding wage improvements but the Portuguese PIDE force (International Police and State Security) stopped the protest, killing about 50 people and wounding 100 protesters. The 3<sup>rd</sup> of August became one Guinea's symbols of the liberation struggle and is currently one of the most important holidays in the country.

In 1963, the PAIGC started the armed struggle of *guerrilla* opposition to the colonial regime, which is marked by the murder of their leader and doctrinaire, Amílcar Cabral, on 20<sup>th</sup> January, 1972, without ever coming to be determined who was responsible. On 24<sup>th</sup> September, 1973 the PAIGC declares unilateral independence of Guinea-Bissau in Boé, being the first of the former Portuguese colonies to become independent. Portugal only officially recognized the independence of the Republic of Guinea-Bissau by deliberation of the United Nations General Assembly on 17<sup>th</sup> September, 1974.

The independent Guinea-Bissau then begins its path, with some progress and many setbacks, having as first president Luís Cabral, PAIGC leader's brother assassinated in 1973, Amílcar Cabral. The first post-independence years are very agitated, marked until 1979 by the execution of former African Commands and citizens linked to the FLING Party, as well as an attempt by the President to implement a government of socialist inspiration,

a project of unity between Guinea-Bissau and Cape Verde, which ended abruptly in 1980 with a coup perpetrated by Prime Minister Nino Vieira, who took the country's lead.

Another coup attempt was carried out in 1986, this time headed by the Vice President of the Council of the Revolution, the Attorney General of the Republic and by several senior officers of the Armed Forces who end up arrested and some of them shot, in what came to be known as “Event of October 17<sup>th</sup>”. The multi-party system arrived in 1991 and in 1994 the first free elections were held in Guinea-Bissau with the victory of the PAIGC and Nino Vieira for President, with absolute majority.

In 1997, Guinea-Bissau integrates the Economic and Monetary Union of West Africa (UEMOA) and adopts the CFA Franc as its currency, replacing the Peso. The country is also a member of the the Economic Community of West African States (ECOWAS) since 1975.

1998 sets the beginning of a very difficult period for Guinea-Bissau - a civil war between the democratically elected government and a self-entitled “Military Junta”, based on rivalries and struggles for power in the PAIGC. This war, which lasted about 11 months, devastated infrastructures, economy, society, families and claimed many lives. The destruction of the economic and social fabric had catastrophic consequences for the country and lasts to the present day.

The civil war ended in 1999 with the resignation of Nino Vieira from the position and taking on functions, on an interim basis, the President of the National Assembly, Malam Bacai Sanhá. Between the elections of 2000, in which Kumba Yalá was elected President of the Republic, and 2015, the country experienced tense political and military periods that resulted in two *coups d'état* (2003 and 2012), eight Presidents of the Republic (one killed in 2010) and twelve Prime Ministers. In August 2015, after the President dismissed the Prime Minister Domingos Simões Pereira, the PAIGC, the most voted party in the legislative elections of 2014, formed the new government headed by an historical member of PAIGC, Carlos Correia.

Talk about the recent history of Guinea-Bissau and its 42 years of independence, it's actually talking about a state with some difficulties in stability that are the result of repeated *coups d'état* and conflicts causing political instability that reflect in a frail economy and society weakened by years of absence of peace and future prospects. However, these political and military conflicts do not replicate in Guinean society, which is peaceful and extremely hospitable, welcoming anyone who arrives with a smile and a twinkle in their eye that touches us forever. So, to talk about the history of Guinea-Bissau is also to talk about its people and its generosity, its ethnic richness, its cultural diversity, its enormous tourism potential and natural beauty found from north to south of the country, which absolutely deserve to be seen.



# A PORTRAIT OF Guinea-Bissau

## GEOGRAPHY

The Republic of Guinea-Bissau is located in Western Africa between Senegal (north), Guinea (east and south) and the Atlantic Ocean (west). It consists of of mainland and islands territory, the Archipelago of Bijagós with about ninety islands, of which only seventeen are inhabited. It occupies an area of approximately 36,125 square kilometres. Due to the average low level compared the sea waters and the vast network of lagoons and valleys. About 1/3 of its territory is flooded in the rainy season, between mid-May and October. The country has eight major rivers: Mansôa, Cacheu, Tombali, Cumbijã, Buba, Geba, Corubal and Cacine.

## CLIMATE

Guinea-Bissau enjoys a predominantly tropical climate with maritime characteristics, being very hot and humid and with two distinct seasons: the dry season, from November to April and the rainy season, from May to October. The average annual temperature in the country is 26.8 degrees Celsius. In Guinea-Bissau, the coolest months are December and January and the warmest from March to May. The rainy months are July and August.

## ADMINISTRATIVE DIVISION OF TERRITORY

In administrative terms, Guinea-Bissau is divided into eight regions: Bafatã, Biombo, Bolama - Bijagós, Cacheu, Gabú, Oio, Quinara and Tombali with an Autonomous Sector, Bissau. These regions are divided into 36 sectors and these, in turn, in various sections of *tabancas* (villages), many affected by the distance from the capital, Bissau, due to lack or precariousness of accesses. Because of the country's geography and the amount of lagoons and rivers a short distance in a straight line can take hours by road which forces long detours to reach the destination.

## DEMOGRAPHS

According to the latest census, Guinea-Bissau's population is 1,530,673 inhabitants and is characterized for being mostly young: about 49.6% of the population is under 18 and the average life expectancy stands at 52.4 years. The literacy rate is about 43.7% and school leaving is high due to economic, social and cultural reasons.



## ETHNIC GROUPS

There are between 27 and 40 ethnic groups in the country. The ethnic groups with higher expression in Guinea-Bissau, according to the 2009 census, are the Fula, representing 28.5% of the population, who essentially live in the eastern part of the country - Gabú and Bafatá. They are, followed by the Balanta, representing 22.5% of the population, living mainly in the south (Catió) and in the north (Oio); the Mandinga, representing 14.7% of the population, live in the north; the Papel representing 9.1% and Manjaco representing 8.3%. With lower expression we can find the Beafada (3.5%), the Mancanha (3.1%), the Bijagó (who, as the name implies, live in the Bijagós Archipelago and represent 2.15% of the total population), the Felupe, representing 1.7%, Mansoanca, (1.4%) or Balanta Mane, (1%). The Nalu, Saracole and Sosso represent less than 1% of the Guinean population and 2.2% do not belong to any ethnic group. Its geographical distribution has historical reasons but is also closely related to the traditionally activities carried out by each one. The Balanta, Manjacos, Mancanhas and Papel are predominantly in coastal areas and cultivate rice. The Papel are the major producers of cashew, one of the greatest sources of wealth for the national economy. The Fulas work mainly in trade and livestock, Bijagós are fishermen, and the Mandinga work mainly in trade and agriculture.



THE BALANTA



THE MANJACO



THE BIJAGÓ

## SOCIAL TRADITION AND CUSTOMS

In Guinean society, in spite of the central and local authorities, a traditional form of power, the *Regulado*, which is exercised by the heirs of the pre-colonial kingdoms, is present in various ethnic groups. The **Régulo** is the governing body in a particular local community that operates independently from the State, being responsible for territorial administration, arbitration in social issues or land division and even acting in judicial matters. It also plays a crucial role in social regulation and is responsible, for example, in the context of Manjaco ethnic group, for determining the start and the end of the harvest by all the citizens of the region, under its power, followed by a series of pre-established rituals. In Islamized ethnic groups, the *Régulo* was somehow replaced by religious authorities.

All the ethnic groups have great respect for the elders and the concept of family and solidarity is broad. There is always space for one, two or three more people in the homes, when the person who provided sustenance passes.

The most important moments of the Guinean social life such as births, weddings, funerals, initiation rituals of the young or the beginning of the harvest season are celebrated in ceremonies filled with meaning and differ for each ethnic group.

The **Fanado**, an initiation ritual of adulthood practiced by boys (involving circumcision, among other things) and girls (in some cases, involving excision, which is criminalized in Guinea-Bissau since 2011) and is performed by several ethnicities, varying in the age of the participants, frequency or duration. Through this ritual, these young people become aware of their social role and personality, with some ethnic groups spending a period in the forest or in the woods, fulfilling a number of ceremonies shrouded in great secrecy, which they should not speak of when they return to take on their new role in society.

**Marriage** is a joyful moment, with traditions varying between ethnic groups. In Guinean society, polygamy is practiced by some ethnic groups and arranged marriages between families are also common. For example, among the Balanta, the marriage is arranged and a dowry is paid, usually in a certain amount of livestock. There is still preference for marriages within the same ethnic group, although mixed marriages are increasing in present days, especially in the capital, Bissau, which concentrates most of the population and where ethnic multiplicity inhabiting the same space is enormous.

For animists, **death** is an extension of life and the funeral is a time of joy and cause for celebration when the deceased had a long life. Life is the result of a balance between material and spiritual forces that, when disturbed, manifest themselves in diseases, premature deaths and even misfortune in the local communities.

If the deceased was a good person in his or her life, they immediately find happiness in the new realm; otherwise their souls wander without peace in the forest to pay for their sins. The funeral, though it may vary between ethnic groups, have a common foundation, the “**Choro**” (the weep). It’s a ceremony, which joins family members and friends of the deceased. For a week, they eat and drink, in a joyful moment to say goodbye to the soul that is freed from the body, often to the sound of *Bombolom* in moments of pure trance.

The “**Toca-Choro**,” a ceremony of invocation of the spirit of the deceased, is held a year or more after the passing and family and friends bring food and animals to be sacrificed, during several days of celebration and communion. The more important the deceased was in the society, greater the celebration and number of sacrificed animals are. Sometimes, relatives and friends only perform this ceremony a few years later, so they are able to save the amount needed to carry out the ceremony.

## RELIGION

About half of the population practices the Muslim religion, mainly the Sunni, and 10 to 15% are Christians. Even if most of the population professes one religion or another or none at all, almost all have an animist nature and practice ancient traditional African beliefs. For Animists, the spirits are ubiquitous (they live in rocks, statues, trees, water, in people, in the deceased) and they give life and protect things and can fight diseases, droughts, floods, the tragedies but can also punish and cause harm. Animal sacrifice, namely chickens, is common among Animists, to appease spirits, achieving grace, good harvest or even in decision making and it’s also common to use various amulets for protection.

## LANGUAGE

Guinea-Bissau’s official language is Portuguese, although it is spoken only by around 13% of the population. For current communication, Guineans essentially use Creole (about 60% of the population) or one of about 20 existing dialects in Guinea-Bissau, such as Fula, Balanta, Manjaco, Mandinga, Felupe, Papel, Bijagó, Mancanha or Nalu.



## ECONOMICAL ASPECTS

Guinea-Bissau in 177<sup>th</sup> position in a total of 187 countries, according to the 2014 Human Development Report of the United Nations Program for Development. Approximately 48.9% of the population lives in extreme poverty with less than \$ 1.25 dollars per day, with an inflation rate of around 9.4% and a literacy rate of only 43.7%. Unemployment stands at 10.5% but many employees are in underemployment in primary activities representing 82% of the workforce, while the remaining 18% are dedicated to secondary and tertiary sectors.

Guinea-Bissau is economically dependent when it comes to the export of cashew nuts, which represents more than 90% of exports, over 60% of GDP and about 17% of state revenues. Cashew trees fill the country's landscape, making Guinea-Bissau the 9<sup>th</sup> largest cashew nuts producer. *Mancarra* (peanut), rice and corn plantations play a very important role in subsistence of farming families. Fishing is the second largest source of revenue, which has remarkable marine resources in waters that are considered the richest in Western Africa. Industrial activity is virtually non-existent, with a small processing industry for agricultural products. The country has no tradition in the extractive sector, with only the inert zones being exploited for the construction and road works at various locations; important bauxite deposits were found in Boé and phosphates were found in Farim and there are favourable prospects for offshore oil; in recent years, "heavy minerals" have been explored in the Varela coastline. Guinea-Bissau also has considerable tourism potential, centred on the Bijagós Islands, and a national parks system covering 23.7% of the territory.





## FAUNA

The country's nature reserves have a rich variety of protected fauna, making it one of the most important hubs for birdwatching, worldwide, mainly in the Cacheu area - where 248 varieties of birds were identified in 2014 - as well in the Cufada Ponds. The Archipelago of Bijagós is also very rich in birds and rare marine species. The mangroves, which serve as estuary and breeding area, enjoy a great biodiversity. There are about 374 species of birds in Guinea-Bissau, especially royal tern (*Sterna maxima*), the grey parrot (*Psittacus erithacus*), flamingos, pelicans, the African spoonbill (*Platalea alba*), black terns (*Chlidonias niger*), goose (*Auritus De Nettapus* and *Plectropterus Gambens*), the sulphur-crested cockatoo (*Cacatua galerita*), the chestnut-backed sparrow-lark (*Eremopterix leucotis*), the lesser striped-swallow (*Cecropis abyssinica*) or the heuglin's wheatear (*Oenanthe heuglini*).

In Guinea-Bissau, there are about 230 species of fish, crustaceans and molluscs, 10 species of bats and about 85 different reptiles, including the crocodile (*Crocodilus niloticus*), the dwarf crocodile (*Osteolaemus tetraspis*), 46 types of snakes

and several sea turtles: the green sea turtle (*Chelonia mydas*), hawksbill sea turtle (*Eretmochelys imbricata*), the olive ridley turtle (*Lepidochelys olivacea*), the common turtle (*Caretta caretta*) or the leather-back sea turtle (*Dermochelys coriacea*).

Several rodents are identified in the country, namely, the flying squirrel (*Finiscius becrofti*) and several carnivorous such as the spotted hyena (*Crocuta crocuta*). Marine mammals such as dolphins (*Sousa teuzil* and *Tursiops truncatus*), otters (*Aonyx capensis*) and the endangered manatees (*Trichechus senegalensis*) can also be found. In terms of hoofed animals, there is the hippopotamus (*Hippopotamus amphibius*) and several species of gazelles and antelopes.

Guinea-Bissau is also the habitat for two species of pangolins and several primates such as the chimpanzee (*Pan troglodytes*), the green monkey (*Chlorocebus sabaeus*), the king colobus (*Colobus polykomos*), the western blackand-white colobus (*Colobus polykomos polykomos*) and the Bijagó monkey or the greater spot-nosed monkey (*Cercopithecus nictitans*), the latter two considered rare.







## FLORA

The diversity of flora matches the geographical and soil characteristics. Forests provide a real barrier against desertification, land degradation and siltation of river basins, helps agriculture and produce timber, firewood, charcoal, game and non-timber products such as honey, fruits, roots, tubers, medicinal plants, wine and palm oil and many other essential goods. However, population pressure, climate change, human intervention by fires, massive extraction of hardwoods, monoculture of *mancarra* (peanut), rice and cashews, have altered the flora (and fauna) of Guinea-Bissau. Nevertheless, we can observe several distinct types of landscape.

Throughout the length of the rivers, we can find mangroves as high as 10 meters (high mangrove or *Rhizophora*) and others that 5 meters high (low mangrove or *Avicennia*).

There are also areas of rice fields, *tannes*, sub-humid forest, transition forest, secondary or degraded forest, dry forests and savannahs. In areas of *tannes*, sludge-sandy areas leading up to the mangrove or *tarrafe*, the soil is almost dry and barren because it is saturated with salt. Only a few plants and sodium tolerant grasses can withstand these conditions.

In the south of the country, because of higher humidity, the *bolanhas* (flooded rice fields) are predominant. Here, especially in the regions of Tombali and Quinara and in some of the Bijagós islands we can find the sub-humid forest, with varied vegetation: tall trees, 30 and 40 meters high - especially “Pó de Miséria”, “Polon” (*Ceiba pentandra*) and “Pó de bitcho amarello” (*Chlorophora regia*) - trees between 20 and 30 meters high, shrubs and also lianas.

Transitional forests, as the name implies, draw a boundary between the sub-humid forest and dry and semi-dry forests, especially in the Gabú region and on the coast, dominated by Kapok Trees (*Ceiba pentandra*).



Dry and semi-dry forests in north-central and south-central areas of the country have shrubs, lianas and trees between 20 and 30 meters high. The predominate species are African mahogany (*Azelia africana*), African oil palm tree (*Elaeis guineensis*), “Manconde” (*Erythropheleum guineensis*), Senegal mahogany (*Khaya senegalensis*), kosso wood (*Pterocarpus erinaceus*) and iron tree (*Prosopis africana*).

Secondary or degraded forests are the product of human action, through fires, fallow land and planting fruit trees, as in the case of large monocultures of cashew trees, prevailing in the regions of Biombo, Cacheu and Oio. The landscape of these regions is also influenced by production of rainfed rice “m’pampam”. In the north-western we find many oil palm trees (*Elaeis guineensis*) and African fan palm (*Borassus aethiopum*), whose trunk is often used for home construction.

Savannah area situated on the coast is sparse, with bushes reaching up to 2 meters and shea trees (*Butyrospermum parkii*) and oil palm trees (*Elaeis guineensis*).

There is also the area of humid herbaceous savannah, in the countryside, which is characterized by scarcity of trees, except for a few palm trees and African fan palm (*Borassus aethiopum*). They are mainly used for grazing and farming the rice in *bolanhas* (swamps) of Lala.

Plants in Guinea-Bissau, as well as all their natural elements, are of great importance, not only as raw material and means of subsistence, but also have a cultural expression and are used in traditional medicine. Scientific works points to almost 900 different plants in Guinea-Bissau, in which about 128 are used in traditional remedies, 76 are consumed by man and 86 are used for grazing and the handicrafts.



## GASTRONOMY

Traditional Guinean cuisine is impressive thanks the pallet of flavours, aromas, colours and ingredients used. A simple but surprising cuisine, resulting from the combination of African ancestral culinary culture - with local products such as vegetables or fruits found only here - with a touch of the traditional Portuguese cooking.

Oysters are abundant in Guinea-Bissau and are a pretext to gather with a group of friends under the corral. Farim shrimps are another delicacy that must be savoured.

Lime, chilli, palm oil or *mancarra* broth are all present in the Guinean cuisine, which is known for its intense and spicy flavours. To accompany the *Mafe* - made of seafood or fish sauces and broths - we invariably find rice. Fish such as *Bica* are greatly appreciated and are usually eaten grilled, topped with a sauce made with onion, lemon and chilli. And of course, rice!

As most **characteristic dishes**, to mention, *Chabéu* broth (made with palm oil, okra, meat or fish), the *Mancarra* broth (peanut broth with meat or fish), *Siga* (made with okra, meat or fish and shrimp), Oyster shea (oyster rice), *Cafriela* (local chicken or grilled lamb with lemon sauce, chilli and onions) and stew or grilled goat. Some ethnic groups eat monkey, which represents a real threat for some species and the Papel eat dog.



The **natural juices** are also very famous here, to name a few: calabash juice (made with the fruit from the baobab tree), *onjo* juice (made with *bagitché* leaves), *veludo* juice (made with a red fruit known to have some medicinal properties), *fole* juice (from the fruit green monkey orange), *farroba* juice (fruit from the *barroba* tree), *mandiple* juice (made with a yellow fruit from a shrub of the same name) and papaya, guava or mango juices. These juices are often too sweet so we suggest that little sugar is added.

Other known fruits include papaya, mango, custard apple, banana, pineapple, green monkey orange and fresh cashew which is also very appreciated in Guinea-Bissau.

## SPORTS

Football is the number one sport in Guinea-Bissau and the best known teams are the Sport e Benfica Bissau and Sporting Clube de Bissau. There are several Guinean footballers playing in international teams. Guinea-Bissau has also some international notice in Judo and Wrestling.



**CAPRIELA**



**CHABÉU BROTH**



**CASHEW**



**GRILLED FISH**



**OYSTERS**



## CULTURE

Guinea-Bissau has a very rich and diverse cultural heritage, with a multitude of rhythms, musical instruments, dances and cultural events.

The Guinean **folklore** is very rich and varies widely between ethnic groups, not only in the body language, but also in costumes or sounds and instruments that accompany this rich cultural manifestation, which is very present in Guinea's daily lives, such as festive days, funerals or in initiation ceremonies such as *Fanado*. The group "Os Netos de Bandim" allows us - through their performances - to witness the great folk diversity of the country's ethnic groups.

**Art** in Guinea-Bissau is very important to the role it plays in religion and animist rites, with a close relationship with the supernatural, because it allows communication with *Irās* (Gods) and the ancestors. The most valuable and rarest Guinean art is the art of Bijagós, but Nalu, Papel and Manjaco ethnic groups are also known for their sculptures. These sculptures are usually animal masks (sharks, bulls, cows, and hippopotamus) and are used during the rituals and traditional dances. Basketry, loom and dyed cloths and pottery are also typical cultural manifestations of Guinea-Bissau.

**Music** is part of everyday life in Guinea-Bissau and is very present in the hard times of the crop, in leisure time, in ceremonies like marriage, initiation, baptisms or funerals. The best known kind in Guinea-Bissau is *Gumbé*, a mixture of different musical styles. Various music festivals occur throughout the year, such as the famous Bubaque Festival, which takes place on the weekend of Easter, in Bubaque, Archipelago of Bijagós, bringing together today's best musicians.



TRADITIONAL CLOTHES



CANCUNGO BASKETRY

The biggest music reference in Guinea-Bissau, also a symbol of resistance to colonialism and author of the best known poems set to music, is the late José Carlos Schwartz. In the contemporary music we have Super Mama Djombo, Tabanca Djaz, Dulce Neves, Bidinte, Issabary, Justino Delgado, Kaba Mané, Ramiro Naka, Zé Manel, Karyna Gomes, Eneida Marta, Klim Mota, Atanásio Atchuen, Binhan Quimor, Charbel Pinto, Iragrett Tavares, Manecas Costa, Miguelinho Nsimba, Demba Baldé or Patche di Rima.

Three typical **musical instruments** in Guinea-Bissau are the *Kora* (a Mandinga musical instrument, consisting of a gourd adapted with a guitar, with the open side lined with goatskin, crossed from side to side by a round stick that forms the main arm of the instrument, which binds the 21 vertically arranged cords); the *Balafon* (xylophone with wooden slats arranged in parallel on four bamboo cane supports) and *Tina* (a cylindrical container with water where a hollow gourd is placed face down to float), also known as water drum and used in Guinean music.

In the **literature**, known authors include Amílcar Cabral, poet and author of important political essays and nationalist speeches, Abdulai Silá (novelist, poet), Agnelo Regalla (poet), Carlos-Edmilson Vieira, Tony Tcheka (poet) Félix Sigá, Hélder Proença Vasco Cabral, Antonio Baticá Ferreira (poet), Odete Semedo, Julião de Sousa (historian), Francisco de Pina, Carlos Lopes, Filinto de Barros and Saliatu da Costa.

In **visual arts**, we find prominent names such as Augusto Trigo, Ismael Hipólito Djata, Sidney Cerqueira, Lemos Djata, João Carlos Barros, Anselmo Godinho, Malam Câmara or Manuel and Fernando Júlio.

In **cinema**, names like Flora Gomes, Guinean filmmaker award-winning and internationally recognized for his work, or the young filmmaker Filipe Henriques are worthy of mention.

# GUINEA-BISSAU

## THROUGHOUT THE YEAR:

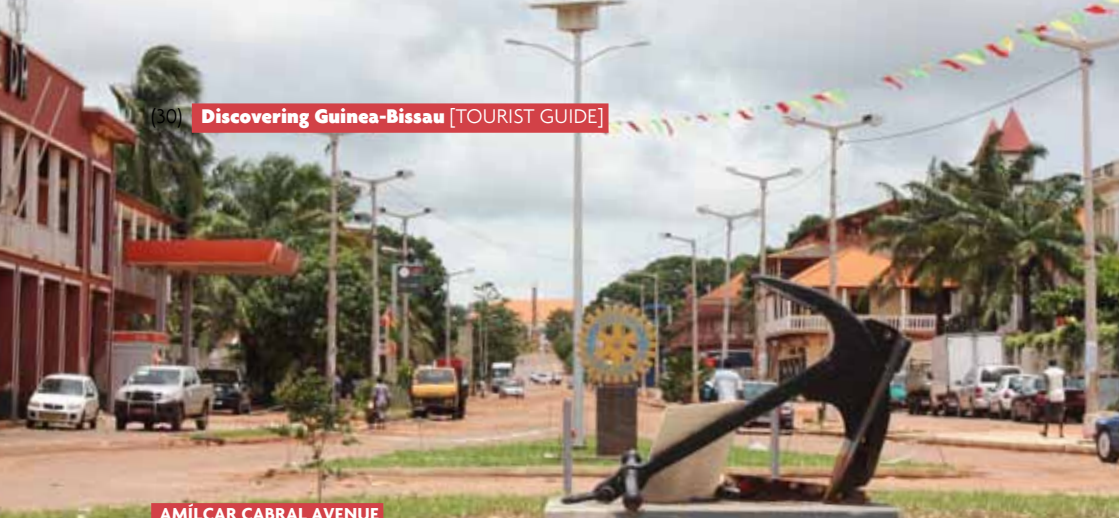
Festivities and important events

JANUARY	01	New Year
	20	National Heroes Day / Day of the death of Amílcar Cabral, father of the Nation
	23	Combatants Day
	30	Day of the Death of Titina Silá, hero in the fight for independence
FEBRUARY	MOVEABLE HOLIDAY	Carnival – a celebration of great importance in the country
MARCH	08	Woman's Day
MARCH / APRIL	MOVEABLE HOLIDAY	Easter
MAY	01	Worker's Day
JULY	MOVEABLE HOLIDAY	End of Ramadan ( <i>Eid al Fitr</i> )
AUGUST	03	Date of Pidjiguiti Massacre / Day of Colonialism martyrs
SEPTEMBER	24	National Day / Celebration of Independence Day
SEPTEMBER/OCTOBER	MOVEABLE HOLIDAY	Tabaski ( <i>Eid al-Adha</i> )
NOVEMBER	01	All Saint's Day
	14	Anniversary of the Readjustment Movement
DECEMBER	25	Christmas

# **GUINEA-BISSAU BY REGION AND SECTOR**







**AMÍLCAR CABRAL AVENUE**



**NEW SQUARE – PIDJIGUITI HARBOUR**



**BISSAU VELHO**



**INTERNATIONAL AIRPORT**



**AV. 3 DE AGOSTO**



**NATIONAL HEROES' SQUARE**

# BISSAU

## Nation's Capital

Capital of the country and of the autonomous sector of Bissau, is the largest city in Guinea-Bissau. Located on the estuary of the Geba River in the west, Bissau is a city surrounded by *bolanhas* (swamps) with the highest point standing at 39 meters above sea level.

On March 15, 1692 the Portuguese created the Captaincy of Bissau, under the administration of Cacheu, which would become extinct in 1707, with the demolition of the fortification that was under construction. In 1765, the fortress of Amura is built, under the previous project and Bissau assumes importance in the global context of the country in terms of economy and trade, taking into account its fortified port. Still under administrative dependence of Cape Verde, Bissau becomes capital in two circumstances, in 1942, as capital of the colony and capital of Guinea-Bissau since independence in September 1974.

In the 50's of the twentieth century an urbanization plan creates the current Bissau Velho neighborhood, a street system designed with ruler and set square, which had as centre the Avenida Amílcar Cabral. In this period, services, trades, Portuguese and European residents in Guinea-Bissau settled here. In Bissau, the houses have one or two floors and the colonial architecture is predominant with narrow streets and some of them still using a numbered place names system.

Today Bissau is the capital and the political, administrative and military centre of Guinea-Bissau. According to the 2009 census, it has an area of 77.5 square kilometres and 387.909 inhabitants, although it is believed to host, in fact, many more. Here, about 20 different ethnic groups coexist throughout different highly populated neighbourhoods, in the vicinity of the historic city centre, for instance, Santa Luzia, Antula, Caracol, Bairro da Ajuda, Bairro Militar, Bairro de Quelelé or Bairro Belém. The Papel are originally from this region.



## Historical elements and sites to visit in the region



**AMÍLCAR CABRAL MAUSOLEUM**



**LIBERTAÇÃO RADIO STATION CONTAINER**



**NATIONAL HEROES' MEMORIAL**

**FORTRESS CANNON**



## Amura Fortress (P1)

The São José da Amura Fortress, better known as Amura Fortress, is located near the port, in the old part of Bissau. The construction began in November 1753, according to Friar Manuel de Vinhais project and subsequent amendments introduced by Colonel Manuel Germano Mota in 1765. The fortress has undergone some reconstruction work over the years, the latest of which in the early '70 years of the twentieth century, under the responsibility of architect Luis Benavente.

Since the country's independence in 1974, the fortress became occupied by the Guineans armed forces, being installed here the Headquarters of the Armed Forces of Guinea-Bissau. It is a strong quadrangular bastion, with regular shape, built in stone with 38 embrasures and surrounded by a deep trench.

The Fortress is in an advanced state of degradation, with some of the buildings already in ruins, but is worth the visit. The visitor can see the mausoleum of the Father of the Nation, Amílcar Cabral, whose remains were placed here in 1975. Beside it there is a memorial to the Nation's Heroes, were veterans of the independence struggle, Títina Silá, Francisco Mendes, Osvaldo Vieira and Pansau Na Isna are buried. More recently, the former Presidents of the Republic Malam Bacai Sanhá and Kumba Yala were buried here too.

In the Amura Fortress there is also the car in which Amílcar Cabral was being transported in when he was killed and the container from which he broadcasted the Libertação Radio Station, from Guinea to Guinea-Bissau. **The visit to the Amura Fortress must be preceded by a formal written request** to enter in the facilities given that it is a militarized area with restricted access.



DETAIL OF THE INTERIOR OF AMURA FORTRESS



DETAIL OF THE INTERIOR OF AMURA FORTRESS



DETAIL OF THE EXTERIOR OF AMURA FORTRESS



AMÍLCAR CABRAL'S CAR



**BISSAU VELHO**



**VIEW OF BISSAU'S TRADE HARBOUR**



**CASA DIREITOS (HOUSE OF RIGHTS)**

## **Bissau Velho (P2)**

Near the harbour, this neighbourhood is currently in an advanced state of degradation, but it's worth a walk to enjoy the facades and the predominantly colonial architecture. Today, the neighbourhood of straight-lined streets, accommodates the **Casa dos Direitos** (House of Rights) the first police station and prison, which was transformed into the headquarters of the Guinean-Bissau Human Rights League, and other social, civic, political, economic, cultural and environmental NGOs. The Casa dos Direitos also has a library and an exhibition centre, as well as a permanent photograph exhibition about the transformation of the prison into the centre for the fight of protection of rights. In the same neighbourhood we find the Supreme Court, some banks, services and commerce.

The houses are mostly two-story with a high ground-floor where usually stood the store or the warehouse and a first floor that served as housing. Although degraded and often full of heavy transport vehicles stationed there awaiting entry into the port for loading or unloading, the Avenue 3 de Agosto has a great view of the Geba River estuary and harbor as well as of the King's Islet, just across from Bissau. The Geba waters accumulate a lot of garbage and the smell is sometimes unpleasant but nevertheless, it's worth the view.

PROJECT SUPPORTED BY THE  
EUROPEAN UNION  
**HUMAN RIGHTS OBSERVATORY**

Aims to contribute to developing a culture of human rights in Guinea-Bissau promoting citizen action and effective respect for human rights.



## Pidjiguiti Harbour (P3)

The **Pidjiguiti harbour** deserves a visit because of its morning animation, the bubbling sounds, the smells and the colours. Pirogues arrive daily with fish that is sold in a small market functioning on the dock between fruits and women bragging about the fish and seafood.

The port also has trading activity and international transport with arrivals and departures of container ships.

At the entrance of the harbour, there are three monuments to the martyrs of 3<sup>rd</sup> August, 1959. During a strike of dockworkers and sailors from the port of Bissau, the repression of the colonial authorities resulted in a tragedy with 50 casualties (never confirmed) and more than 100 wounded. This event, known as the Pidjiguiti Massacre, is still remembered as one of the moments of the liberation struggle of Guinea-Bissau and the August 3<sup>rd</sup> is a national holiday. Here we find a large sculpture of a black fist, the “Hand of Timba”, and in a square now recovered as playground, there are evocative images of the massacre exposed in one of the walls. In the centre of the roundabout, opposite the harbour entrance, we find an anchor and a plaque with the name of some of the dock workers who died on that day and at the entrance of the Pidjiguiti, on the left, there’s another evocative memorial of the massacre. A bust of Amílcar Cabral was recently inaugurated in this square.



**PIDJIGUITI HARBOUR**



**“HAND OF TIMBA”**



**BUST OF AMÍLCAR CABRAL**



**PIDJIGUITI HARBOUR**



ARRIVAL AT THE ISLET



VIEW OF THE ISLET



OLD FACTORY IN THE REI ISLET



VIEW OF THE OLD FACTORY OF THE REI ISLET

## Rei Islet (P4)

This islet is directly opposite to the port of Bissau. To get there the visitor must take a pirogue in the small port behind the Customs and do a 10-minutes trip to the destination. The price must be negotiated before departure but a round trip in a pirogue without other customers should not exceed 7500 CFA francs. The Rei Islet has a building in an advanced state of degradation, which used to be a factory of excellence in the second half of the twentieth century. Here, *mancarra* (peanuts) were peeled and peanut oil and palm oil were produced. Rice was peeled and energy was produced using peelings and waste that fuelled the island. Products processed here were sent by sea to other points of Guinea-Bissau and for export. Today, the factory is in ruins and a factory worker guides visitors through rare paths taken over by tall grass and shows the *Tabanca* of those who stayed here after the closure of the factory. It is a very poor *Tabanca* surviving essentially of the drying of catfish that women sell daily in Bissau. Consists of a huge ethnic multiplicity, which is due to the fact that it is a community built on working class recruited to work in the factory.

## Amílcar Cabral Avenue (P5)

One of the main arteries of the city, which begins in Pidjiguiti harbour and ends at the Presidential Palace, calls for a walking tour to better appreciate the predominant architecture.

Leaving the port, on the right side we find the **Ministry of Justice**, a Greco-Roman inspired architecture building, followed by the old **Dona Berta guesthouse**, consisting of a large balcony with iron elements, a work inspired by Gustave Eiffel. Still on the right we can also find the **Bissau Cathedral**, a work from 1945 designed by architect João Simões. There is also the old Nunes & Irmão warehouse, today **Hotel Coimbra & SPA**. In front of the Cathedral, is the Guinea-Bissau **Post Office** building, built in 1955 and, again to the right, the former headquarters of União Desportiva Internacional (**UDIB**) and also former movie theater in city.



**FORMER DONA BERTA GUESTHOUSE**



**BISSAU CATHEDRAL**



**POST OFFICE BUILDING**



**CASA NUNES & IRMÃO AND  
HOTEL COIMBRA & SPA**



**MINISTRY OF JUSTICE**



**MONUMENT IN HONOUR OF MARIA DA FONTE**



**PAIGC HEADQUARTERS**

## **National Heroes' Square (P6)**

Here in this square, nerve centre of the city, we find a monument of 1941 in **honour of Maria da Fonte**. It's in the middle of the roundabout and it also has a gazebo. The **Presidential Palace**, a work originally designed in 1945 in the former Portuguese Guinea was recently rebuilt after being bombed and heavily damaged in the war that started on June 7<sup>th</sup> 1998. Nowadays is the official residence of the President. The building located at the right side of the Palace, also in this square, is the former Commercial, Industrial and Agricultural Association of Bissau, a majestic building designed by Jorge Chaves in the late 1940. It is now the **headquarters of the PAIGC**, currently the largest political party in Guinea-Bissau. The square fills up on weekends with families strolling, children playing, young couples dating on park benches. The Square also acts as a meeting point for young enthusiasts of free Wi-Fi, recently available.



**PRESIDENTIAL PALACE**



## Leaving the centre Other neighbourhoods (P7)

Leaving the old city centre, we find the **Che Guevara roundabout** (P7a) where the French Cultural Centre is located too. The **Municipal Market** (P7b), in Vitório Costa street is operating in temporary facilities after the fire in 2006 that destroyed the Market City. The **Lino Correia Stadium**, 1946, at Avenida Francisco Mendes (P7c), the **Portuguese Cultural Centre** (P7d) at Avenida Cidade de Lisboa or the **Meteorology Building**, a work designed by Lucinio Cruz in 1952 is located at Rua do Brasil (P7e). The **Colinas de Boé Palace** (P7f), headquarters of the National Assembly, also known as *Palácio do Povo* (People's Palace), built in 2005 is next to the **Brazilian Cultural Centre** (P7g) and then followed by *Mãe de Água* (P7h) roundabout where the water tank built in 1947 is located, which supplied the city of Bissau and works today as a nerve centre for circulation of *toca-tocas* (mini-buses), dissemination of election campaigns and informative posters of all that goes on in Bissau.



CHE GUEVARA ROUNDABOUT



MUNICIPAL MARKET



COLINAS DE BOÉ PALACE



PORTUGUESE CULTURAL CENTRE



MÃE DE ÁGUA



## **Bandim Market (P8)**

The largest street market of Guinea-Bissau, the **Bandim Market** begins at *Mãe de Água*. This market, dating back to 1960, occupies shops and warehouses from on one side to the other of the avenue and every centimetre is used by vendors for every imaginable item: fruit, vegetables, household appliances, medicines, clothing, traditional bread, shoes, drugstore, tools, and leather goods, meat, fish, cereals, etc. Anything you need you will surely find at the Bandim market.



## Avenida dos Combatentes da Liberdade da Pátria (P9)

On the avenue leading to the airport, a distance of 7.5 kilometres, we begin to enter the extremely populous suburbs of Bissau, such as Bairro da Ajuda, Bairro Militar or Bairro de Quelelé. Without leaving the avenue with two lanes on each side (sometimes three!), and after passing the *Chapa de Bissau* Roundabout, on the right side, we'll find the **Grande Mesquita de Bissau** (Great Mosque of Bissau). Up ahead, on the left, the **Embassy of the European Union** and the embassies of some countries, the BCEAO headquarters (Central Bank of West African States), the Palácio da Justiça (nearing completion) and the new complex which houses the office of the Prime Minister Office and some of the ministries offices - **Primatura**. Arriving at Osvaldo Vieira International Airport, there is a **statue of Amílcar Cabral** in a large roundabout, a much visited place on weekends for sports activities by the capital's youngsters.

**Volta de São Paulo**, a road that was partially recovered and that works as an external road to reach the city, allows the visitor to see the beautiful view of *bolanhas* that exists in Bissau fringes. It goes through the populous Antula neighbourhood and reach Customs and the old part of the capital.



**AIRPORT ROUNDABOUT, AMÍLCAR CABRAL STATUE**



**GRANDE MESQUITA DE BISSAU (MOSQUE)**



**PRIMATURA**



**VOLTA DE SÃO PAULO**

PROJECT SUPPORTED BY THE EUROPEAN UNION

**“KAU DI CATCHU KU KAU DI PECADUR”**

The future urban park of nature and leisure, between the Ancar Hotel and the Navy, to be implemented by the NGO Monte and by the town hall of Bissau, aimed at the rehabilitation of an urban wetland in the heart of the city of Bissau. It will become a reality in May 2016. This Nature and Leisure park will have two distinct areas: a natural area, dedicated to the conservation of biodiversity, environmental awareness and education and another for leisure, with fauna and flora observatories, walks, exercise (track racing around the entire perimeter of the park), as well as a cafeteria. This project, co-funded by the EU, aims to contribute to increase knowledge of the importance of natural resources and biodiversity, with a view to sound management and conservation.



## TRADITIONS

**Carnival** is a great traditional celebration in Guinea-Bissau and, in particular, in Bissau. City life stops for three days to see parading groups from all over the country and from all ethnic groups. It is an ethnographic phenomenon of great significance, where all the most rooted traditions are taken to the streets to show off and proudly parade in Bissau avenues, taking part in a competition organized by the local authorities.

## WHERE TO EAT

IN BISSAU THERE ARE SEVERAL RESTAURANTS WITH A WIDE RANGE OF CUISINE AND QUALITY. HERE ARE SOME RESTAURANTS THAT WE CONSIDER RELIABLE.

### **A PADEIRA AFRICANA RESTAURANT**

Rua M. N' Guabi, 30A – International Guinean cuisine. Known for the traditional Portuguese dishes.  
Tel.: (+245) 955 681 577

**R1**

### **ADEGA DO LOUREIRO RESTAURANT**

Rua Justino Lopes, 21 – International and Guinean cuisine. Grilled food. Tel.: (+245) 966 558 025

**R2**

### **COIMBRA RESTAURANT**

Avenida Amílcar Cabral – International and Guinean cuisine – Buffet. Vegetarian dishes.  
Tel.: (+245) 966 568 526

**R3**

### **DON BIFANAS RESTAURANT**

Avenida da Unidade Africana – International and Guinean cuisine with a *gourmet* touch.  
Tel.: (+245) 966 604 312

**R4**

### **PAPA LOCA RESTAURANT**

Avenida Francisco Mendes – International and Guinean cuisine. Known for its grilled chicken.  
Tel.: (+245) 955 507 020

**R5**

### **HOTEL ANCAR RESTAURANT**

Rua Osvaldo Vieira, 10 – International cuisine.  
Tel.: (+245) 955 804 547

**R6**

### **BISTRO RESTAURANT**

Rua Eng.º José Guedes Quinhones – International cuisine, including pasta, wood oven pizza and a Belgian beer menu.  
Tel.: (+245) 966 618 664

**R7**

### **TAMAR RESTAURANT**

Rua 12 de setembro – Guinean food. Live music on weekends with terrace service.  
In Bissau Velho.  
Tel.: (+245) 966 601 610

**R8**

### **O QUINTAL RESTAURANT**

Av. Pansau na Isna – International and Guinean cuisine, live music at the weekends.  
Tel.: (+245) 955 963 930

**R9**

### **ALI BABA RESTAURANT**

Av. Pansau na Isna – Babercue and Lebanese cuisine.  
Tel.: (+245) 966 610 000

**R10**

### **O PORTO RESTAURANT**

Rua Severino Gomes de Pina – International and Guinean cuisine. Known for its fish dishes.  
Tel.: (+245) 966 624 632

**R11**

### **DAR ES SALAM RESTAURANT**

Rua Severino Gomes de Pina – Guinean and Senegalese cuisine.

**R12**

### **ORIENTE RESTAURANT**

Avenida Amílcar Cabral – Chinese cuisine.

**R18**

### **KALLISTE RESTAURANT**

Avenida Domingos Ramos – International and Guinean cuisine. Pizza. Tel.: (+245) 955 124 953

**R13**

### **DONA FERNANDA RESTAURANT**

Santa Luzia – Guinean cuisine, known for the grilled chicken Cafriela.  
Tel.: (+245) 966 795 000

**R14**

### **RODAS NO AR RESTAURANT**

Aeroporto Osvaldo Vieira - International and Guinean cuisine. Buffet service at lunch.  
Tel.: (+245) 966 239 386

**R15**

### **ALMAGUI RESTAURANT**

Avenida dos Combatentes da Liberdade da Pátria – Guinean and Portuguese cuisine.  
Tel.: (+245) 966 611 094

**R16**

### **A COZINHA DA TERRA RESTAURANT**

Avenida Caetano Smedo, Belém - Traditional Guinean cuisine and local products.  
Tel.: (+245) 966 616799

**R17**

### **SENEGALESA RESTAURANT**

Rua Eduardo Mondlane - Senegalese and Guinean cuisine. Known for its fish dishes.

**R19**

### **BATE PAPO RESTAURANT**

Rua Eduardo Mondlane. European and African cuisine.  
Tel.: (+245) 966 533 319

**R20**

## WHERE TO SLEEP

The city of Bissau is served by several hotels with prices tailored to every budget. Guinea-Bissau is not regulated by the hotel classification, so we make a subjective assessment based on the services offered by each establishment.

### NOTE:



For our qualification in terms of a price / quality ratio we used the following scores: three baobabs (good), two baobabs (average) and one baobab (basic).

#### COIMBRA & SPA HOTEL 𐌲𐌲𐌲

Avenida Amílcar Cabral  
Tel.: (+245) 966 568 526  
E-mail: :contacto.bxo@gmail.com  
Rooms with air conditioning and mini bar, electricity and water 24h / day, spa, gym, library, bar, restaurant, internet, laundry and craft store. Shuttle service to the airport. In the city centre, next to the Cathedral.  
**H1**

#### AZALAI HOTEL 𐌲𐌲𐌲

Santa Luzia  
Tel.: (+245) 955 803 000  
Tel.: (+245) 955 803 004  
E-mail: rmc.bissau@azalaihotels.com  
[www.azalaihotels.com](http://www.azalaihotels.com)  
Rooms with air conditioning and mini bar, light and water 24h / day, internet, laundry service, pool, garden. Shuttle service to the airport. 5 minutes from the city centre.  
**H2**

#### ANCAR HOTEL 𐌲𐌲𐌲

Rua Osvaldo Vieira, 10  
Tel.: (+245) 955 804 547  
Hotel with air conditioning, electricity and water 24 hours / day, internet, bar and restaurant. Shuttle service to the airport. In the city centre.  
**H3**

#### MALAIKA HOTEL 𐌲𐌲

Rua Osvaldo Vieira  
Tel.: (+245) 966 710 010  
Rooms with air conditioning, mini bar, electricity and water 24h / day, internet. Shuttle service to the airport. In the city centre.  
**H4**

#### SOLMAR APARTHOTEL 𐌲𐌲

Rua Vitório Costa  
Tel.: (+245) 955 804 547  
Hotel with air conditioning, mini-bar, electricity and water 24h / day internet. Shuttle service to the airport. In the city centre.  
**H5**

#### HOTEL LISBOA-BISSAU 𐌲𐌲

Avenida dos Combatentes da Liberdade da Pátria  
e-mail: [hotellisboabissau@hotmail.com](mailto:hotellisboabissau@hotmail.com)  
Hotel with air conditioning, electricity and water 24 hours / day, internet, pool. Shuttle service to the airport. 15 minutes from the city centre.  
**H6**

#### LEDGER PLAZA HOTEL 𐌲𐌲𐌲

Avenida dos Combatentes da Liberdade da Pátria  
Rooms with air conditioning and mini-bar, pool, conference room, garden, disco.  
**H14**





**BASSAMAR HOTEL** 🏨

Avenida Pansau na Isna, Santa Luzia  
 E-mail: hotelbassamar@gmail.com  
 Rooms with air conditioning, minibar, internet, restaurant and bar. Shuttle service to the airport. 5 minutes from the city centre.  
**H7**

**ALMAGUI RESIDENCIAL** 🏨

Avenida dos Combatentes da Liberdade da Pátria  
 Tel.: (+245) 966 611 094. Rooms with air conditioning, swimming pool, laundry service. 20 minutes from the city centre, near the airport.  
**H8**

**KALLISTE HOTEL** 🏨

Avenida Domingos Ramos  
 Tel. (+245) 966 765 662  
**H9**

**LOBATO APARTHOTEL** 🏨

Avenida Pansau na Isna  
 Tel.: (+245) 966 276 749  
 Rooms with air conditioning and internet.  
 E-mail: olgalobato5@hotmail.com  
**H10**

**JORDANI APARTHOTEL** 🏨

Avenida Pansau na Isna  
 Tel.: (+245) 955 830 605  
**H11**

**TAMAR APARTHOTEL** 🏨

Rua 12 de setembro  
 Tel.: (+245) 966 602 926  
**H12**

**CREOLA GUESTHOUSE** 🏨

Avenida Domingos Ramos  
 Tel.: (+245) 966 633 031  
 Rooms with fan and mostly with shared toilet, basic services.  
**H13**

**NIGHT OUT:** The nightlife in Bissau is very hectic. There is always an option to listen to live music or dancing to warm African rhythms.

**INSÓNIAS**

Bar. Rua Maria Unguambe. Open from Thursday to Sunday. International music and environment.

**KAIPIRINHA**

Bar. Av. Amílcar Cabral. Closed on Sunday. Terrace with diversified environment, African music. Visited mostly by Guinean and international community.

**X CLUB**

Bar. Rua Osvaldo Vieira. International music and environment. Open from Wednesday to Sunday.

**BALAFON**

Bar. Avenida Domingos Ramos. Open every day. International music and environment.

**O FOGO**

Bar. Avenida do Brasil. Live music with various Guinean artists. Open every day. For lovers of Guinean music.

**CAFÉ CAFÉ**

Bar. Bissau Velho. Live music on weekends. Diversified environment, mostly visited by Guinean and international community.

**TABANKA**

Nightclub. Rua Justino Lopes. Open from Thursday to Sunday. Guinean and African music. Frequented by Guinean and international community.

**PLACK**

Nightclub. Rua do Bate Papo. Open from Tuesday to Sunday. Guinean, African and international music. Frequented by Guinean and international community.

**SABURA**

Nightclub. Rua Ermelinda Gomes. Open every day. Guinean and African music. Nightclub frequented by Guinean and international community.

**BAMBU**

Nightclub. Bairro da Penha, Avenida dos Combatentes da Liberdade da Pátria. Open every day. Guinean and African music. Frequented mainly by Guinean.



"TOCA-TOCA", PUBLIC TRANSPORT IN THE CITY OF BISSAU

## TRANSPORTATION

In Bissau, hundreds of taxis are in constant movement, just raise your hand and one will immediately pull over. The trips are shared, taxis stop once in a while to let in other passengers who are heading in the same direction. Prices are very low (between 250 CFA and 500 CFA Francs for routes in the city). Another alternative during the day are the *toca-tocas*, mini buses for public transport that connect the various neighbourhoods of the city to *Mãe de Água*, near the Colinas de Boé Palace and the slaughterhouse area of Bissau.



## TOURISM OFFICE

At the airport there is a tourism office. We recommend that all information is collected on arrival because there is no tourism office operating in the city centre. Another alternative is the Ministry of Tourism and Handicrafts of Guinea-Bissau webpage: [www.goguine.com](http://www.goguine.com).

## CRAFTS

The craft market can be found at Mercado dos Coqueiros, provisionally installed in the Avenida Pansau na Isna but also in the Centro de Arte Juvenil (Youth Art Centre), which is located on the road from Bissau to the airport, along *Chapa*, where young people work the wood in plain sight and the pieces are all unique and numbered. For those looking for handicrafts from around the country, the store Cabaz di Terra has a wide variety of Guinean crafts and is located in old Bissau, near the Amura Fort. Next to the Cathedral, there are also crafts for sale on the street but part of them are from Senegal and other African countries.







## BIOMBO REGION

This region, the country's second smallest, is also called "Tchon di Pépel" because of the predominance of Papel ethnic group. You may say that Biombo is one of the richest regions in terms of ancestral cultural manifestations and animist traditions, partly also because of various ethnic groups - Balanta, Mancanha, Manjaco, Fula, Mandinga, Bijagó and Beafadas - that are represented in this region.

The proximity of the sea and the Mansôa River have great influence on the landscape, determining the territorial variations according to the tides. It is a region known for extensive areas of mangroves, making it one of the preferred locations for catching and tasting oysters. The mangrove zone is also sought by migratory birds. The *bolanhas* and some beaches, palm forest, savannahs, cashew and sugarcane plantations complete the Biombo landscape.

The region is also rich in the production of traditional products that are later sold in Bissau: the production of sugar, wine and palm oil, cashew or dry distilled in wine, blacksmithing or weaving.







## QUINHAMEL

Quinhamel is a village 37 km from Bissau, the capital of Biombo region with 43.000 inhabitants. The road to get there from the capital is in good condition and lets you enjoy beautiful landscapes of mangroves, *bolanhas* and cashew trees. Entering in the centre of the village, the street market completely fills the road curbs and sometimes the road itself. The main square is wide and a place where youngsters and families have carefree promenades. Along this square and taking the road that is on the left, followed by a fenced path of centenarian *poilões* that take us to the banks of Mansôa River, we can take a refreshing swim or simply contemplate men fishing, women catching the oysters or children playing in the water.



The Papel, a strongly animist group, have a very close relationship with nature and consider the *balobas* sacred places. You can get to know some of these sanctuaries and see some artefacts that mark the spot. This region is perfect for hiking or trekking across adjacent circuits to sea river branches. We recommend comfortable clothes and shoes and bottled water.





## Historical elements and sites to visit in the region

### **Panu di Pinti weaving factory**

Artissal, an NGO which is at the entrance of Quinhamel, has the objective of training and promoting regional culture and also to produce and export traditional products of the region including the *pano de pente*. These cloths can carry much symbolism. Weavers are only the Papel men, who learned the art with their fathers or uncles. The cloths continue to be produced with the same traditional methods and in the same looms, which are also sacred and can be used in rituals for curing some diseases. Weaving is considered a sacred activity and the use of these cloths is currently symbol of social status. The offer of a *pano de pente* should be considered an honour. The use of these clothes is widespread in ceremonies and rituals but were primarily used in funeral ceremonies for being rare and valuable pieces.

In the Artissal headquarters it's possible to visit the workshops where craftsmen work the cloths and the tradition is passed on according to the ancestral rules: from father to son or from uncle to nephew.



QUINHAMEL BEACH



OMAY ESPLANADE



"PANU DI PINTI" WEAVING FACTORY



MANUEL PORTUGUÉS DISTILLERY



MANUEL PORTUGUÉS DISTILLERY

## Papel Museum

In Artissal it's also possible to visit a small museum with a display of objects and elements of Papel culture.

## Manuel Português Distillery

Following the dirt road that leads to the Artissal headquarters, we find the distillery of a Portuguese, who lives in Guinea-Bissau for decades, which still produces sugar cane brandy, cashew brandy or honey brandy using traditional but large-scale methods.

This place works all year, depending on the production of raw materials typical of the season and you can track all stages of the production following the completely artisan method. The cane is planted and harvested in the fields near the distillery; women do the extraction of the broth in the grinding. The mash that results from it then passes through a fermentation process that will depend on the amount of sugar added to the broth and goes from still to the tanks where it is stored before being bottled. A visit to this area is worth it.

## WHERE TO SLEEP

### 7 DJORSON COMPLEX | ARTISSAL 🏠

Quinhamel  
Tel.: (+245) 966 604 078  
(+245) 966 094 001

### MAR AZUL HOTEL 🏠🏠

Giuseppe Maggio  
Tel.: (+245) 966 197 280

### RATING

🏠🏠🏠 - GOOD / 🏠🏠 - AVERAGE

🏠 - BASIC

## WHERE TO EAT

### OMAY ESPLANADE

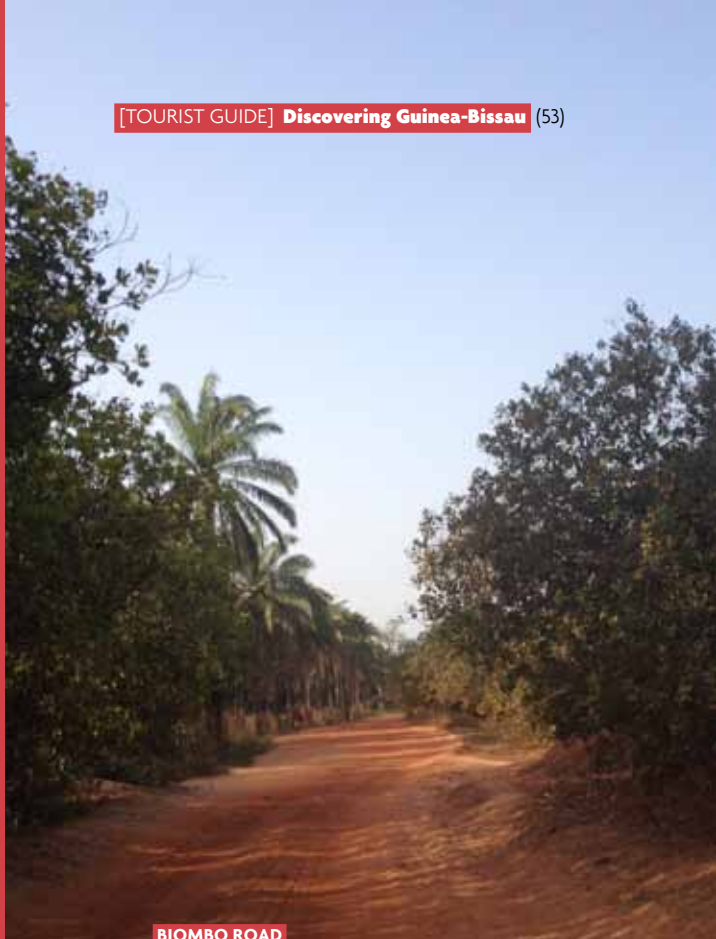
In a beautiful setting by the river, you may enjoy an all-inclusive buffet with fixed price with the oysters as a specialty. Open on Saturdays, Sundays and holidays. Reservations required.  
Tel.: (+245) 955 532 974

### NELSON

Specialty oysters in a picturesque setting along the river. Open on Saturdays, Sundays and holidays. Reservations required.  
Tel. (+245) 966 672 839

### MAR AZUL

Hotel and restaurant whose specialty are oysters and Italian food. Giuseppe Maggio:  
Tel.: (+245) 966 197 280



**BIOMBO ROAD**

## BIOMBO

Moving forward, after Quinhamel village, on a dirt road for about an hour, we arrive at a beach that has nothing extraordinary but the journey is worth it for the scenery that borders the road: small *tabancas* with houses covered with thatched roofs, people sitting in the shadow of a *poilão*, a pond full of birds, *bolanhas* and endless vegetation. Here in Biombo you can take a motorized canoe to several islands or the boat to the Island of Keré.



## PIQUIL BEACH

The mangrove area dominates the region and the existing infrastructures do not facilitate access to this beach. The trip will have to be made by the river in a motor boat or canoe. The nearest town of this beach is Ondame. The distance between Quinhamel and Ondame is about 20 km but it's a dirt road, except for the first 3 kilometres.

## PRÁBIS AND SURU BEACH

Suru beach is about 20 km from Bissau and the trip should be made from the capital toward Prábis. The distance between Prábis and Suru beach isn't very long. The accesses includes paved road and dirt road. Suru is the closest beach from the capital Bissau and is considered as a place to rest. It is a deserted sandy beach where you can bathe and also observe migratory birds that pass through.

## SAFIM

A village with about 18,000 inhabitants that is almost obligatory passage for those who want to know the country and move north to south or east. The population lives mostly around this road that goes through there, where the market and small businesses that embellish the road curbs. At the bifurcation that allows us to follow to the right towards Mansôa, Bafatã, Buba and Gabú or to the left towards Bula, Canchungo, Cacheu, São Domingos or Ziguinchor, right there, in the middle, there is a small Catholic chapel.



## WHERE TO EAT

### “ORELHA”

Specialties: oysters. Barbecue and fish in the shade of the corral.  
Tel.: (+245) 966 966 612

## WHERE TO EAT

### MARISQUEIRA DE SAFIM

Guinean food. Buffet on Sundays.  
Tel.: (+245) 966 506 312  
(+245) 955 977 788

### NOVO PLANETA

Guinean food.  
Tel.: (+245) 955 535 311







**MANGROVES OF CACHEU**



**MANGROVES OF CACHEU**



**HARBOUR ROUNDABOUT, CACHEU**





**CACHEU HARBOUR**



**CACHEU FORT**



**CACHEU**

# CACHEU REGION

The Cacheu region has about 185.000 inhabitants and is located in the north-western part of the country. Surrounded by sea and creeks, this region is crossed by the Cacheu River, one of the most important of Guinea-Bissau. Cacheu is also the name of the sector and the capital of the Region, which also includes the sectors of Canchungo, Caió, Bula, Bigene and São Domingos.

## CITY OF CACHEU

This town is roughly 100 km from Bissau, covered in a paved road and in reasonable condition. When we come here we are transported in time to the centuries of the slave trade and slave trade posts.

Cacheu was capital in colonial times and, according to historians, the first Portuguese trade post of what is, today, Guinea-Bissau. Created in 1588, it was the slave trade centre and in May 1656 the Company of Cacheu e Rios was founded. In 1879, with the creation of the province of Portuguese Guinea, it was no longer under the authority of Cape Verde.

## Historical elements and sites to visit in the region

### Cacheu Fort

Cacheu Fort was built in 1588 at the request of the Cape Verdean Manuel Lopes Cardoso receiving authorization from the Portuguese Crown and from the *Régulo* Chapaia. The aim was to organize the defence of the corsair attacks that threatened the region. This fort was very useful for favouring the control of the river and naturally the entrance and exit of ships in anchorage.

In architectural terms, the Fort is characterized by a rectangular 26 meters long by 24 meters wide plant with ramparts in the corners symmetric to the sides. The walls are built in 4 meters high mortar stone and there are 16 cannons, still in their original defensive positions.

Surprisingly, inside the fort are several statues of navigators and heroes of the Portuguese Discoveries that came from various parts of Guinea-Bissau, where they had been placed during the Portuguese *Estado Novo* and later dethroned in the post-independence from squares where they were erected. Thus, we can find the great statues of the first Europeans to arrive in Guinea in the fifteenth century - Diogo Gomes (the first Portuguese explorer to navigate the waters of the Geba River); Nuno Tristão (according to historians was the first navigator to reach what is now called Guinea-Bissau); Teixeira Pinto, the “peacemaker” of Guinea as well as the first governor of the Praça de Cacheu; and Honório Barreto, who was born in Cacheu in 1813, son of João Pereira Barreto (Governor of Guinea between 1830-1859) and Rosa de Carvalho Alvarenga (Dona Rosa of Cacheu). The Fort is usually closed but you can request a visit. We suggest a small tip at the end to Mr. Caminho (+245) 955 907 341, responsible for taking care of the place.



CACHEU FORT



CACHEU



CACHEU FORT



CACHEU FORT





## Shrine of Our Lady of the Nativity



This church, dedicated to Our Lady of the Nativity, patron saint of Cacheu was the first Portuguese church built in Western Africa and recalls the arrival of the first Franciscan missionaries in Cacheu in 1660. It is still in operation and there, the homily is celebrated on Sunday. It is an austere church but worth a visit, although it is of common knowledge that the walls are bowing to pressure of moisture and time. Every year in December, a great national pilgrimage to the shrine is carried out, in what is considered the greatest manifestation of popular Catholic piety of Guinea-Bissau. To visit the interior of the church, we advise you to ask at the police station, right next to the church, where to find the person responsible for the church key.



SHRINE OF OUR LADY OF THE NATIVITY



STATUE IN THE HARBOUR ROUNDABOUT

## Statue in the harbour roundabout

The avenue leading to the port, with a traffic separator and two-lanes, ends in a roundabout where we can find a pattern of *Henriquinas* celebrations, dated from 1960 and attributed to the sculptor Severo Portela.





PROJECT SUPPORTED BY THE EUROPEAN UNION  
**CACHEU, SLAVE ROUTE**

The promotion of the historical and cultural heritage of the city of Cacheu and the revitalization of the regional economy are the main objectives of this project designed by the NGO “Acção para o Desenvolvimento” and funded by the European Union. The project has a total budget of 577.000 Euros being 90% financed by the EU. One of the actions almost under implementation is to create a Slavery Memorial to aim the dissemination of the culture and history of Cacheu. The overall objective of the project is to promote culture, historical heritage and cultural events as a mean of economic growth and promoting a culture of peace through cultural pluralism, intercultural dialogue and the construction of new identities and citizenships. The purpose in medium term is the artisanal and artistic production, the organization of historical, cultural and environmental tours, creating lodging conditions, restoration, youth and women's education, which will allow a positive impact on poverty reduction in the region of Cacheu. [www.cacheu.adbissau.org](http://www.cacheu.adbissau.org).

## Cacheu River Mangroves Natural Park

Cacheu River Mangroves Natural Park is the largest mangrove in Western Africa and an ecotourism sanctuary to visit. By catching the boat at Cacheu's port it is possible to make an incursion along the river's branches with the same name, which is 150 km long and mostly navigable. Through the lush greenery mangrove filled with oysters at the roots you can see the population in artisanal fishing in canoes and also observe great faunal diversity. Among the common species in the park is the crocodile (*Crocodylus niloticus*), the African piton (*Python sebae*) – known as the “irã cego”, the Gambian squirrel (*Heliosciurus gambianus*), the bushbuck (*Tragelaphus scriptus*), the mangusto (*Herpestes paludinosus*) or the black bush hog (*Phacochoerus aethiopicus africanus*).

One of the park's biggest attractions is the birdwatching provided by the existence of more than two hundred birds, including pelicans, flamingos and many migratory shorebirds. We also find in this area the abyssinian ground hornbill (*Bucorvus abyssicus*) or the spur-winged goose (*Plectropterus gambensis*).

In aquatic terms and since we face an estuary, shrimps are born and grow here. The catfish, the carp, the barracuda (*Psittacus*), the corvina (*Cilus gilberti*) or the grey mullet (*Mugil cephalus*) are the most common fish. The hippopotamus (*hipopotamus amphibius*) and the manatee (*Trichechus senegalensis*) also inhabit this region.

There are many possible circuits with different prices taking into account the distances. The short circuit that connects Cacheu to São Domingos lasts about an hour. The stop in São Domingos allows a stroll through the city streets that although it has little relevance to the visit, it has an interesting local crafts market. This market has no certain day given that it depends on the Felupe calendar, the dominant ethnic group in this region.

A more complete circuit passes through Elia (a village with the characteristic of having two floor huts) and Jobel, a village known as the little Venice because people move through the river channels in canoes. You can also extend the boat trip to Poilão de Leão, a village where it is likely to see hippopotamus.





### **Some interesting points to visit in the northern villages**

Watch closely the traditional techniques of *tarrafe* wood cutting for housing in Elalab, the particularities of Felupe ethnicity, the animist rituals or the traditional ceremonies. In terms of architecture we must mention the technical and construction material for housing and the local craft, for example, in wood or clay.



### **Some interesting points to visit in the southern villages**

Fauna and flora and the uniqueness of the surrounding landscape. There is a prestigious location for watching wildlife.



The management and protection of the natural resources is often done with the active participation of residents' populations as is the case of Cabiana zone, in its sacred forest.

For these tours, contact the IBAP in Bissau (Avenida Don Settimio Arturo Ferrazeta, C.P. Bissau), contact the NGO Monte ([www.monte-ace.pt](http://www.monte-ace.pt)) or the tour operator Osseh'mene Tours & Souvenirs. Tel.: (+245) 955 359 818 | (+245) 969 271 705.



PROJECT SUPPORTED BY THE EUROPEAN UNION

## **CACHEU, SUSTAINABLE MANAGEMENT OF FOREST RESOURCES IN CACHEU RIVER MANGROVES NATURAL PARK**

This project is carried out by the NGO Monte within a partnership with the Institute of Biodiversity and Protected Areas (IBAP) of Guinea-Bissau, aims to ensure the conservation and enhancement of biodiversity of this park for the benefit of the 8000 inhabitants of the Cacheu region. It got the support of two million Euros of the EU, 80% of the total value of the project. Among the objectives pursued we can list up the strengthening of the IBAP intervention in the management of Cacheu River Mangroves Natural Park, the valuation of forest resources, promoting ecotourism, with the allocation of accommodation to receive tourists in the park, the identification of paths for observing plant and animal species or the creation of a support fund for community initiatives that contribute to the quality of life, awareness-raising and environmental education targeted at children and youth. [www.monte-ace.pt](http://www.monte-ace.pt)

## **WHERE TO EAT**

### **CONTENTOR DA GABRIELA CARVALHO**

Port of Cacheu

Tel.: (+245) 966 251 010

Please call in advance for booking.







**CANCHUNGO ROAD**



**CANCHUNGO MAIN AVENUE**



**CANCHUNGO CHURCH**



**CANCHUNGO WATER TANK**

## **CANCHUNGO**

The arrival to this city, which is 79 km from Bissau and almost halfway between the capital and the city of Cacheu, is made by an embroidered road through leafy trees that provide shade and a special beauty to the **entrance of Canchungo**. It is worth a visit for the colonial architecture, a bit degraded of course, but it gives us an idea of the majesty of what was certainly a beautiful city. The **roundabout in the village centre**, where we can find artisans selling ceramics, Manjaco fabrics and baskets produced of this Region, marks the beginning of a journey that takes us through a wide avenue with two lanes in each direction with a central splitter, where we still find the lamps, traces of a city that benefited from electrification and permanent street lighting.

On this avenue we find the 1946 **water tank**, the primary school (1947), the **Church** that contains inside tile panels of 1943 originating in Sacavém Ware Factory. There are also houses with large balconies overlooking the main road, the old **Canchungo Cinema** and the headquarters of the Sector Committee. At the roundabout you will also find the old house of the Governor, half walls with a military quarter. The market takes place all along the avenue and gives much life and colour to the city.





**CANCUNGO'S OLD CINEMA**



**CANCUNGO'S ROUNDABOUTS**



**COLONIAL HOUSE STYLE**



**ADMINISTRATION HEADQUARTERS OF CACHUNGO SECTOR**

## WHERE TO EAT

### **CASA MONTEIRO**

Avenida Titina Silá  
Tel.: (+245) 966 700 931  
Cape Verdean and Guinean food.

### **GAMAL'S SAFARI LODGE**

Entrance in dirt road close to the SOS Children's Village – Guinean and Lebanese food. Please call in advance for booking.  
Tel.: (+245) 966 450 000  
[www.gamalsafarilodge.com](http://www.gamalsafarilodge.com)  
E-mail: [gamcha2011@hotmail.com](mailto:gamcha2011@hotmail.com)

### **CASA CANCHUNGO**

Tel.: (+245) 955 651 272  
[www.casacanchungo.com](http://www.casacanchungo.com)  
Please call in advance for booking.

## WHERE TO SLEEP

### **GAMAL'S SAFARI LODGE** 🏠🏠🏠

Entrance in a dirt road close to the SOS Children's Village – Rooms with air conditioning. Please call in advance for booking.  
Tel.: (+245) 966 450 000  
[www.gamalsafarilodge.com](http://www.gamalsafarilodge.com)  
E-mail: [gamcha2011@hotmail.com](mailto:gamcha2011@hotmail.com)

### **CASA CANCHUNGO** 🏠

Small ecological hotel structure with simple rooms.  
Tel.: (+245) 955 651 272  
[www.casacanchungo.com](http://www.casacanchungo.com)

## RATING

🏠🏠🏠 - GOOD / 🏠🏠 - AVERAGE

🏠 - BASIC

## CAIÓ

Caió is located 28 km from Canchungo, about one hour of dirt road. Upon arriving we find a large roundabout around which elapses the entire local life. There are administrative buildings, the police, the medical centre and the market. In Caió there are two islands with tourist interest: Pecixe and Jeta, totally wild with beaches of an inviting beauty to a visit.

The **Pecixe Island** has extensive sandbanks of fine white sand and paradisiacal beaches of embroidered palm trees and small sand dunes. Pecixe is, as indeed all the Cacheu region, inhabited mainly by the ethnic group Manjaco, strongly animist which makes this island rich in ceremonies and sacred rituals that are done at the beginning and at the end of crops and in many other circumstances. To get there you can catch the boat at Ponta de Pedra (about an hour on dirt road since Canchungo) or canoe from Ponta Biombo (not advisable due to the dangerous currents and tides). To visit we suggest to contact the Association Pilil Alil - President: Júlio Alves Pinto. Tel.: (+245) 966 672 620 or (+245) 955271940.

Also in **Jeta Island** are found endless white sandy beaches (about 7 Km) and warm water. Here you can arrive by pirogue from Caió or Ponta Biombo.

Note: For any of the islands you must be accompanied of camping tent, bottled water, food, insect repellent and comfortable shoes and clothes.

PECIXE BEACH



## BULA

Bula is a town 37 km from Bissau without major tourist relevance but we do point out the competitive and extensive market which fills the streets of people, animals and stands practically throughout the village.

## SÃO DOMINGOS

It is 123 km from Bissau, travelling on asphalt road and in a relative good condition. São Domingos is a frontier town with Ziguinchor, Senegal. Here it holds up a market that has Felupe craft utility, spoons, pots, machetes and deserves a short visit. The port, although deteriorated, has a pleasant view of the Cacheu Mangroves Natural Park and lets you capture beautiful images of the sun setting.

## WHERE TO EAT

### FATUMATA E OCTÁVIO

Near the Port of São Domingos.

Tel: (+245) 966 642 205

(+245) 966 617 996

## WHERE TO SLEEP

### FATUMATA E OCTÁVIO

Near the Port of São Domingos.

Tel: (+245) 966 642 205

(+245) 966 617 996

### CASA DE PASSAGEM DA

### AD – ACÇÃO PARA O

### DESENVOLVIMENTO

E-mail: [ad.gbissau@gmail.com](mailto:ad.gbissau@gmail.com)

[www.adbissau.org](http://www.adbissau.org)

## RATING

👍👍👍 - GOOD / 👍👍 - AVERAGE

👍 - BASIC

PORT OF SÃO DOMINGOS



## VARELA

Varela is 175 km from the capital, Bissau. Arriving in São Domingos and instead of following the paved road to Senegal, we go through a narrow path of 53 Km that brings us to the most beautiful continental beach of Guinea-Bissau. The road, although not in the best condition, is worth it for the dense forest landscape in some parts and *bolanhas* (large swampy ground, usually near a river where one can cultivate or grow rice) on the other. You will also go through some palms trees and will possibly see monkeys, cows, striped ground squirrel (*Xerus erythropus*) plus some *tabancas* here and there surrounding the road. At 12 km from Varela we go across the population of Susana where you can see some life, a small military quarter, a health centre and a Catholic Mission that was here installed there many years ago. It is also on this road that is a picturesque wooden bridge, functioned until the early 2015, and has now been replaced by another of iron, made right on the side without any aesthetic care but with enhanced security.

Varela is a long avenue of dirt road with houses on one side and the other that leads to the sea. This region, predominantly inhabited by Felupes (warrior ethnic group par excellence that also dominates in the Casamance region) is within walking distance of Senegal that is separated by a narrow sea arm.



VARELA ROAD



**FISHERMEN BEACH**

## Elements to visit in the region

### Fishermen Beach

On the left side of Varela's entrance and on a pedestrian route of about 10 minutes, is the Fishermen Beach, with a rocky part and such a sea that you have to walk many meters before you lose foot. The Felupes, strongly animist, recently abandoned this beach as fishing port due to the death of one of the fishermen; the believers determined that a curse has befallen this beach. It is now used mainly for harvesting wood intended for the confection of meals and for the delight of the few tourists who frequent the area. We advise you to check out the sunset.

**VARELA BEACH**

### Varela Beach

Continuing straight ahead until the end of the road, lies this beach, with kilometres of white sand and warm water, completely wild and full of trees that almost enter in the sea. The marine erosion has damaged this nature disastrously in recent years, which is visible in the first meters of sand that you go through, where some constructions have already been taken by the sea.

**NIQUM BEACH**

The **Niqum Beach** is a little further away from the village and it can only be reached by 4x4 cars or walking along the sand. It's of rare beauty with its small dunes of white sand. Continuing along the beach (you cannot make it by car ride) for about an hour we arrive at a lagoon that is usually full of flamingos, pelicans and other birds. The quietness, beauty and calm of this totally wild place worth the ride.



## Sacred Tree

In Varela we can find a tree considered sacred to the locals and where they usually perform animist ceremonies. It is a palm tree curled up in another tree, leaving in the ground a circle delineated by trunks which is considered sacred ground. It is tradition to make a request and leave a coin/offering on site.



## VARELA BEACH



## Museum

In Varela-lale there is a small marine museum at the responsibility of the NGO AD – Acção para o Desenvolvimento, integrated into the existing environmental verification school.



## WHERE TO EAT

### CHEZ HÉLÈNE APARTHOTEL

Italian and Guinean food.

Tel.: (+245) 955 301 373

(+245) 966 640 180

[www.facebook.com/Aparthotel-Chez-Helene](http://www.facebook.com/Aparthotel-Chez-Helene)

We advise to book in advance.

## WHERE TO SLEEP

### CHEZ HÉLÈNE APARTHOTEL 🏠🏠

Bungalows with fan and light 24h/24h

Tel.: (+245) 955 301 373

(+245) 966 640 180

[www.facebook.com/Aparthotel-Chez-Helene](http://www.facebook.com/Aparthotel-Chez-Helene)

We advise to book in advance.

### RATING

🏠🏠🏠 - GOOD / 🏠🏠 - AVERAGE / 🏠 - BASIC

## WOODEN BRIDGE ON THE ROAD TO VARELA





**PIGEON HOUSE ON PUBLIC GARDEN**



**BAFATÁ HOUSES**



**BAFATÁ STREETS**



**VIEW FROM BAFATÁ PORT**



**BAFATÁ PUBLIC GARDEN**

# BAFATÁ REGION

The Bafatá region has a city with the same name as its capital. It is a region inhabited mainly by the Fula and Mandinga ethnic groups. It is bordered on the north by the Republic of Senegal and in the west by the Oio region, on the east by the Gabú region and on the south by the regions of Tombali and Quinara.

## CITY OF BAFATÁ

With about 69,000 inhabitants, located 150 km east of Bissau, Bafatá is the second largest city and lies on the banks of the Geba River. It is a city with a large colonial mark on its architecture, which deserves a break for a visit. The streets of low houses invite you for a ride. 60% of its population are of Fula ethnic group and 22.9% are Mandinga.



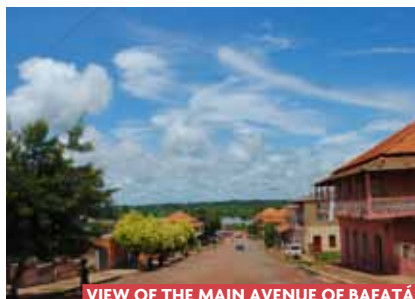
**BUST OF AMÍLCAR CABRAL**



# Historical elements and sites to visit in the region

## City streets

It is a picturesque and lively city that lives around the road that connects Bissau to Gabú and to the border. At the avenue that links the main street to downtown, to the Geba River and to the market, we will find at the right side the main church of Bafatá, from 1950 and just across is the former home of the governor which now is used as the Region headquarters. The houses of colonial architecture that are not degraded receive the various administrative services. Near the market is the old cinema on a street where you can still see marks of the various shops and stores therein.



VIEW OF THE MAIN AVENUE OF BAFATÁ



BUST OF AMÍLCAR CABRAL



HOUSE MUSEUM OF AMÍLCAR CABRAL



MAIN CHURCH OF BAFATÁ



MUNICIPAL MARKET



## Central market and square with a bust of Amílcar Cabral

The central market of Bafatá, recently reopened, is a neo-Arabic style building that stands out in the city's architectural landscape. The saleswomen and stalls placed on the outside of the enclosure give a beautiful environment to the space with the main facade as a backdrop. In the market, on a small roundabout, we find a bust of Amílcar Cabral, born in Bafatá where his father, Cape Verdean, was placed at the time as a teacher.

There is a small pier by the market's side on the Geba River, disabled and degraded but with a beautiful landscape and a public garden where we can find a pedestal, lacking part of its history, with a stone encrusted statue of João Augusto de Oliveira Muzanty, Governor of Bafatá between 1906 and 1909. As they say it was to harness copper but we can still find etched in the stone the profile possibly of a historic figure of the colonial time, and the *Quinas* of the Portuguese flag. Here, from this garden, you will see a beautiful old pigeon house of pure Portuguese colonial style in relatively good condition.

## Home Museum of Amílcar Cabral

Amílcar Cabral was born in Bafatá in 1924 and in 2011 his house was transformed into a museum created with the UNESCO support. Here you can go through the house divisions where he was born and lived his early years. There is also a permanent photograph exhibition that bear witness to his path as a resistance fighter and the founder of PAIGC. The house needs some maintenance works and the hosting, although friendly, has a distinct lack of expertise in the information given. The visit is free although it is not surprising that they ask for support for the maintenance of the structure.

## CAPÉ

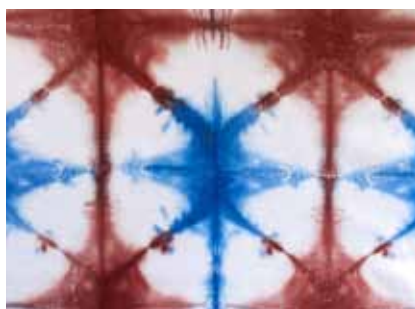
Leaving Bafatá through the road, lined with houses, that was once the airstrip, we follow by a dirt road and cross the bridge over the Geba River where it is worth a stop for some photos of mangroves that embroider the river and also to contemplate the beauty of this landscape that has the old town of Bafatá as a backdrop. By walking about 10 Km you arrive at Capé, a private property where you can visit a brandy distillery and see the natural beauty near a hotel which is currently closed.

## TABATÔ

It's a village about 10 km from Bafatá whose residents are known for building and playing traditional instruments of Mandinga culture.

## TRADITIONS

Bafatá is a city well known for producing dyed cloths, the Soninké culture (type "tye and dye"). This tradition went into decline because of the importation of cheaper products from neighbouring countries but is again being used and valued as a window of opportunity to revive the traditions of the traditional dyeing done by the Islamized ethnic groups of Guinea-Bissau.



## WHERE TO EAT

### PONTO DE ENCONTRO

Tel.: (+245) 966 921 690  
Portuguese and Guinean food.

PROJECT SUPPORTED BY  
THE EUROPEAN UNION

**BAFATÁ, CLOTHS OF PONTE NOVA**  
– TCHOSSAN SONINKÉ

The EU funded the establishment of a traditional cloth dye centre in the city of Bafatá, aiming to promote the traditional culture of dye cloths and marketing, fight poverty and boost education and training for women working in this sector. The project, with a budget of 552 million CFA Francs, was funded 90% by the European Union.  
[www.divutec.org](http://www.divutec.org) | [www.unimos.org](http://www.unimos.org)



## BAMBADINGA

Bambadinca is a small town with 32,000 inhabitants in its entire sector that distances 123 km from Bissau. Located west of Bafatá, all life goes on the roadside where the market runs which attracts many visitors from the surrounding villages and even Xitole. Those arriving from Bissau have a superb view of the *bolanhas* (large swampy ground) surrounding the road from one side to the other and where they envision large herds of cows wandering through the green fields.

## XITOLE

The old Marshal Carmona Bridge has an important colonial trace that although in ruins, provides access to a vantage point to appreciate the surrounding scenery.

## CUSSILINTA

Between the city of Bambadinca and Sal-tinho and very close to Xitole, with a 3 km detour, marked with a crude wooden board, you may find yourself in a little paradise of rocks and hot water that act as a real natural jacuzzi. The Corubal River creates small waterfalls and rock pools to the delight of those who want to spend some good moments of pure relaxing. This is a much unknown location and so it is rare to be bothered by other tourists, except on the 1<sup>st</sup> of May when many inhabitants of the capital take the opportunity to visit this spot. And the local residents take the opportunity to charge a toll to get there. Why not?

## CUSSILINTA





## SALTINHO

Saltinho, 175 km from Bissau is another area of Corubal River where we can find waterfalls. The cascades resulting from the rock formation creates a visual effect of great beauty.

During the rainy season the flow rate increases so much that although you can hear the deafening sound of the current, you hardly see the rock formation. During the dry season, since the flow rate is lower, it is of a bigger beauty and you can take a bath in the river but first advising yourself which areas are used by the locals and be cautious with the forming currents and swirls. The submersible Saltinho Bridge, used until 1955, now serves primarily the washerwomen that all year meet there for clothing washing and drying in the rocks which produces an inviting visual for photographs that result in a mosaic noteworthy colour. The reinforced concrete bridge that crosses the river invites you on a walk through by foot so you can enjoy the sounds of fast water running, the women racking as washing clothes and children trolling. In one of the banks is an old Portuguese barrack turned into a lodging. Here you can eat and stay and also request a excursion along the river, to fish, to hunt, or just to take a river bath and rest in the black and warm stones that are on the waterfront of Corubal River.



**SALTINHO**





**POUSADA OF SALTINHO**

## WHERE TO EAT

### **POUSADA DO SALTINHO**

Tel.: (+245) 966 606 016.

Please call to book in advance.

## WHERE TO SLEEP

### **POUSADA DO SALTINHO** 🏠

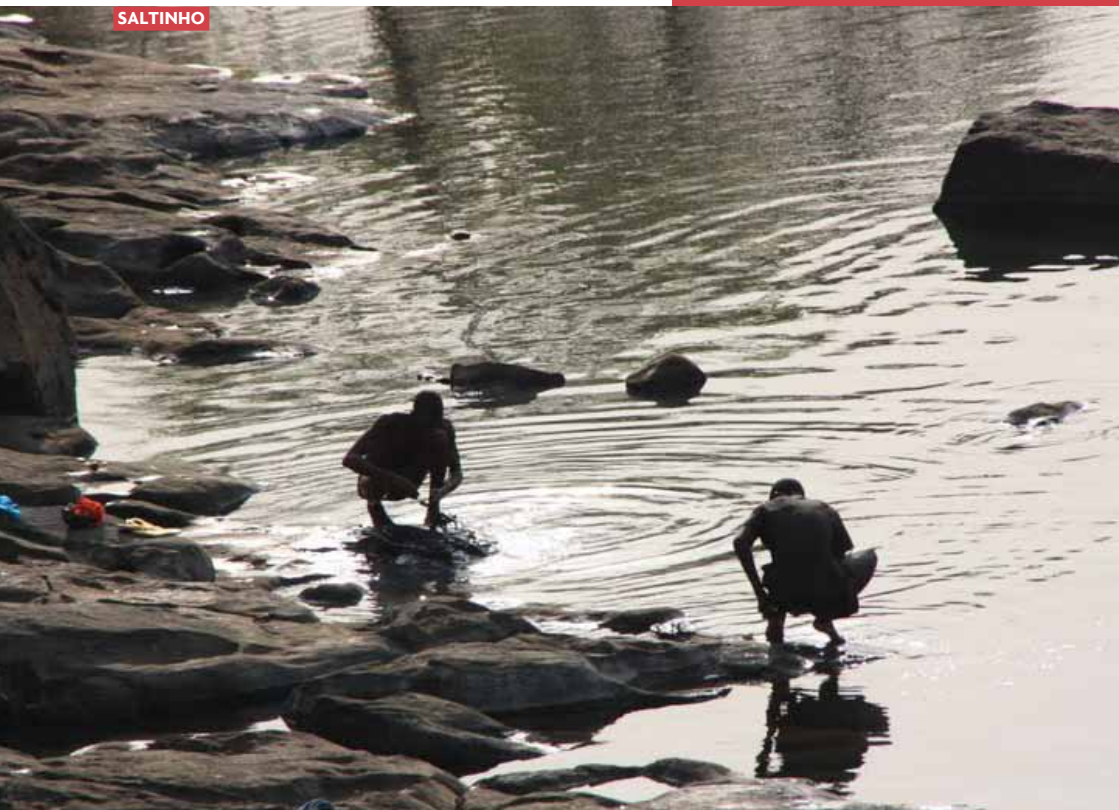
Tel.: (+245) 966 606 016

### **RATING**

👍👍👍 - GOOD / 👍👍 - AVERAGE /

👍 - BASIC

**SALTINHO**









## Gabú Region

Gabú region is divided into five sectors: Boé, Gabú, Pirada, Pitche and Sonaco. Geographically is the furthest from the capital and is bordered to the north by Senegal, to the east by Guinea and in the south by the regions of Tombali and Bafatá. The temperatures are around 30 to 33 degrees Celsius during the day and between 18 and 23 degrees Celsius overnight. This region is extremely dry between October and May, when the rains start. The vegetation is in its nature dry, with a sparse forest resembling a savannah, yet with some dense forest patches. The main economic activities of the region are commerce, agriculture and livestock, traditionally practiced by the Fula, one of the most significant ethnic groups in the region. Gabú is a poor area but the proximity to the Senegal and Guinea break the isolation of the region with the rest of the country and stimulates trade.

Gabú, a town that lies a short distance from the border of Guinea and Senegal, has about 42,000 inhabitants and is located 263 kilometres from Bissau. The trip to the city of Gabú is done on paved roads relatively well-preserved. However, the adjacent roads to nearby villages are mostly dirt roads, some in very poor condition. During the rainy season it may be impossible to reach some *tabancas*.

The city was the capital of ancient Mandinga kingdom of Kaabu (Ngabou or N'Gabu). Its people were from Mandé, currently Mali and part of Guinea. This kingdom existed between 1537 and 1867 in the so-called Senegambia, a region that spanned from the north-east of the current Guinea-Bissau and stretched out to Casamance in Senegal. Before that, Gabú paid allegiance to Mali Empire only becoming independent with the decline of this empire. The then governor of Gabú, Sama Koli, proclaims himself king, keeps the Malian cultural heritage and establishes trade relations with the Portuguese. In the early nineteenth century the Fula ethnic group converted to Islam, calls for a *Jihad*, the "Kansala War" that ends with a big fire, causing casualties on both sides. The Kingdom of Fouta Djallon attached Gabú as its vassal state until the Portuguese state assimilation. The dirt fortifications made by Mandinga during Kaabi's Kingdom are no longer visible.

The Gabú capital is currently a major commercial centre. The main streets are packed with sales stalls and an extensive market by the roadside that reinvigorates the streets and presents us with a colourful and full of life scenario. Here they sell fruits, vegetables, coal, fish, meat, crafts and ceramics in what is considered the second largest market of Guinea-Bissau.

It is plain to see the Muslim influence in the city. The garments differ from the rest of the country with men and women wearing Islamic costumes, small mosques abound and even the musical traditions are different. The streets are drawn with a striking symmetry around the main road. The low houses, some of colonial architecture and a small chapel vaguely resemble the Christian influence and the colonial Portuguese in the region. The Gabú craft is well known although it is difficult nowadays to find artisans still in active.

One of Gabú features is the amount of donkeys circulating on the streets, far superior to any other part of the country, and are an indispensable asset in farming and transportation of goods and people.





**GABÚ MARKET**



**GABÚ CHURCH**

## WHERE TO EAT

### BAR KONI RESTAURANT

Bairro Praça, Gabú

## WHERE TO SLEEP

### HBC VIFER HOTEL 🏨

Bairro Sitcam Djulé, Gabú  
Hotel with swimming pool.  
Tel.: (+245) 955 954 179  
Tel.: (+245) 966 674 070

## RATING

👍👍👍 - GOOD / 👍👍 - AVERAGE /  
👍 - BASIC





## **NHAMPASSARÉ**

In the immediate Gabú vicinity you can visit the Caves of Nhampassaré, which gathers a wealthy and remarkable archaeological and natural value. Here, in these caves, we can observe what was once occupied by prehistoric man with traces of engravings and quartzite formations sculpted by various forms of erosion produced by nature, particularly with columnar forms.

The cave and the giant stones of Nhampassaré are indeed a fascinating natural work and have been inhabited for the first time in the Neolithic period. In this place there is also a Muslim shrine where it is common for people to pray in plead.

## **BOÉ**

Twice the Gabú region was considered the cradle of Guinea-Bissau. Apart from Gabú having the realm name that was at the genesis of Guinea-Bissau, Boé gave shelter to the Guinean resistance who, in this very place, declared the country's independence on 24<sup>th</sup> of September 1973, invoking the right to self-proclamation by the voice of Nino Vieira, in Boé Hills. On this date it was even proclaimed the Constitution of the Republic and held the first National People's Assembly of Guinea-Bissau.

This sector is rich in bauxite whose exploitation could have a positive impact on the economic activity in the region yet poses threats to the already fragile ecological balance of the surrounding nature parks. The population has grown reaching in this sector around 12 000 people, distributed in about 85 villages where the Fula ethnic group predominates.

Boé is located around 33 kilometres from Gabú but the poor conditions of the dirt road makes virtually impassable between May and October, the rainy season.



# To visit in the region

## National Park of Dulombi Boé I and II

In this sector there are two national parks, the Dulombi - Boé I and Dulombi - Boé II, created in 2014 under the supervision of IBAP (Institute of Biodiversity and Protected Areas). These parks are fed by a single river, which is also the largest river of fresh water in the country, the Corubal River. Both of these parks are more recent than the Forests of Cantanhez and for this reason have fewer infrastructures to welcome tourists and the surveys of its species are not as exhaustive. Nevertheless it has been identified 170 species of birds, of which three are new records for the country: the chestnut-backed sparrow-lark (*Leucotis Eremopterix*), the lesser-striped-swallow (*Abyssinica Cecropis*) and the heuglin's wheatear (*Oenanthe Heuglini*).

Among the mammals are common the chimpanzees (*Pan Troglodytes*), the African buffalo (*Syncerus caffer*), the king colobus or western black-and-white colobus (*Colobus polykomos*), the bay duiker (*Cephalophus Dorsalis*), the yellow-backed duiker (*Cephalophus Sylvicultor*) or the roan antelope (*Hippotragus equinus*). The giant eland (*Tragelaphus Guan*) was last seen in Guinea-Bissau in this area. Contact to schedule your visit: IBAP in Bissau. Although Boé has a very complicated access, we suggest a raft crossing into Cheche or a trip to Béliby Contabane, making an incursion into the beautiful *tabancas* further east.

Note: To visit this area, we recommend that you bring camping tents, comfortable clothes and shoes, insect repellent, bottled water and food.

## WHERE TO EAT AND SLEEP

### TOURIST CABANAS DINGUIRAI 🏠

Food service, guided walks, bike. Ecotourism linked to the research project on chimpanzees and integrated in the local everyday life.

Associação Daridibó | Tel.: (+245) 966 397 087

E-mail: [daridibo@gmail.com](mailto:daridibo@gmail.com) | [comtamara@gmail.com](mailto:comtamara@gmail.com)  
[www.daridibo.org](http://www.daridibo.org)

### RATING

👍👍👍 - GOOD / 👍👍 - AVERAGE / 👍 - BASIC





## QUINARA REGION

The region of Quinara, with an area of 3.138,4 square kilometres comprises the sectors of Buba, Empada, Fulacunda and Tite. It lies in the centre of Guinea-Bissau and here predominates Beafada ethnicity. If Buba has great potential tourist interests in natural terms, Empada, Tite or Fulacunda have no worthy tourist relevance. These regions live primarily from agriculture and artisanal fishing.

### THE CITY OF BUBA

The city of Buba, capital of the region, is 223 kilometres drive from Bissau, covered in a tar road in a rather good condition. With 744,2 square kilometres and a population estimated at 17123 people, Buba is inhabited by Beafada and Mandinga ethnic groups, existing to a lesser extent are the Fula, Balanta, Manjaco and Papel.

The town lies on the banks of the Rio Grande de Buba (Big River of Buba) and lives mainly of fishing, agriculture and commerce. Agricultural commodities are essentially rice, peanuts and corn and are practiced shifting cultivation which the usage of slash-and-burn practices often threatens the endemic forest of this region, lasting patch of the primary forest of Guinea-Bissau.

The town of Buba in itself deserves a quick and superficial visit, nothing particularly important to justify a stop. It serves, however, as a starting point for a visit to the Cufada Lagoons Natural Park in the town's outskirts or a boat trip on the Rio Grande de Buba. From Buba in a two hours' drive is São João where you can catch a motorized pirogue that in a short trip takes you to Bolama Island. Leaving São João you can also find as far as two kilometres the beautiful beach of Colónia.



## Historical elements and sites to visit in the region

### Cufada Lagoons Natural Park

This park, created in 2000, is located between the two greatest rivers of the region, the Big River of Buba (Rio Grande de Buba) and the Corubal River and is the largest freshwater reserve in Guinea-Bissau. The 89 000 hectares are composed of primary forest and three freshwater ponds with a length ranging from 200 to 600 hectares that serves as a cradle to many species of birds, primates and freshwater fish. Within the Park's area there are 36 *tabancas* hosting a population of about 3500 people belonging to different ethnic groups, in particular, Beafada (77.4%), Balanta (8.7%), Fula and Manjaco.

Just outside the town of Buba, turning left (the park is marked) there is a 20 kilometres dirt road between *tabancas* and nature. The last 5.5 kilometres of this bumpy road is in an exceptional poor state which requires the use of a 4x4 vehicle or at least a car with quite generous chassis heights.

The visit to the Cufada Lagoons Natural Park is not paid but should be done under the supervision of the Biodiversity Institute and Protected Areas of Guinea-Bissau (IBAP) guides, responsible for the preservation of this area, which is based in Buba. It is with their guidance that one can do kayaking, revelling in the calm waters of the lagoon amongst water lilies and the sound of the oars, while the park guide explains the glaring signs of wildlife around. To maximize the observation of the countless species of animals in the ponds, the early hours are the most advisable. Across the pond you have the opportunity to climb to an strategically observation post there installed and listen to the birds, monkeys or frogs in an explosion of sounds that require a few minutes of silence to absorb all life nearby. The white hippopotamus (*Hippopotamus amphibius*), the dwarf crocodile (*Osteolaemus tetraspis*), the antelopes (*Kobus Defassa*), several duikers, black-crowned-cranes, African pygmy geese, Gambia geese, yellow crest hornbills, African buffalos (*Syncerus caffer*), gazelles, hyenas and about 7 to 8 species of primates, including the chimpanzee (*Pan troglodytes*) can be found anywhere in the park. In addition to the native birdlife, the park is an important stop-over site for European birds that spend the winter here. Some of the birds are protected species worldwide. Two percent of pelicans around the world choose these lakes as a basis for their annual migration. There are about 250 species of birds that can be seen in this Park.



## Sacred wood

The Sacred Wood is a part of the forest in which they practice the animist rituals; therefore, this area is treated with profound reverence by the population. A tour to this area should be preceded by an application for authorization where you are bound to strictly follow the inhabitants' instructions.

## Possible excursions in the Cufada Lagoons Natural Park

Adding to the kayaking already mentioned above (the kayaks are in the care of the Lagoons' adjacent *Tabanca* inhabitants and under the supervision of IBAP), we also suggest the pedestrian promenade along the Corubal River passing in Uaná Port, to the north, and Ga Gregório Bacar Conté, to the south. For this tour, that lasts all day, it is advisable prior supply with drinking water and food, comfortable shoes and the use of pants and long sleeved shirts to prevent bites from insects and protect skin in areas of overgrown, dense vegetation. You can also opt for boating on the salt river of Fulacunda and in the Rio Grande de Buba or in freshwater rivers (Madina Ache, Cantanha and Corubal River). These circuits must be done and overseen by a park's guide who know the tracks, the tidal regime and the dangers, thus we strongly advise a prior contact with the IBAP.





## Channels of the Rio Grande de Buba

The Rio Grande de Buba, one of the most important rivers of Guinea-Bissau with an area of 285 square kilometres and the sanctuary par excellence for spawning of barracuda, deserves a walk through its embroidery mangroves channels. African manatees (*Trichecus senegaelensis*) and some species of turtles are also native residents of these waters. This river, which flows into the Atlantic near the Bolama Island, has a great diversity of marine species and is a great dwelling and rest site for a wide variety of birds. It is rather rewarding to take a boat circuit to watch attentively these birds and the surrounding nature as well as stopping for a picnic in one of the small islands of the river.

## CONTACTS, CIRCUITS AND VISITS:

### **INSTITUTE OF BIODIVERSITY AND PROTECTED AREAS OF GUINEA - BISSAU (IBAP)**

In Bissau (Avenida Don Settimio Arturro Ferrazeta, C.P. Bissau) or in Buba (near the Port).

### **OSSEH'MENE TOURS & SOUVENIRS**

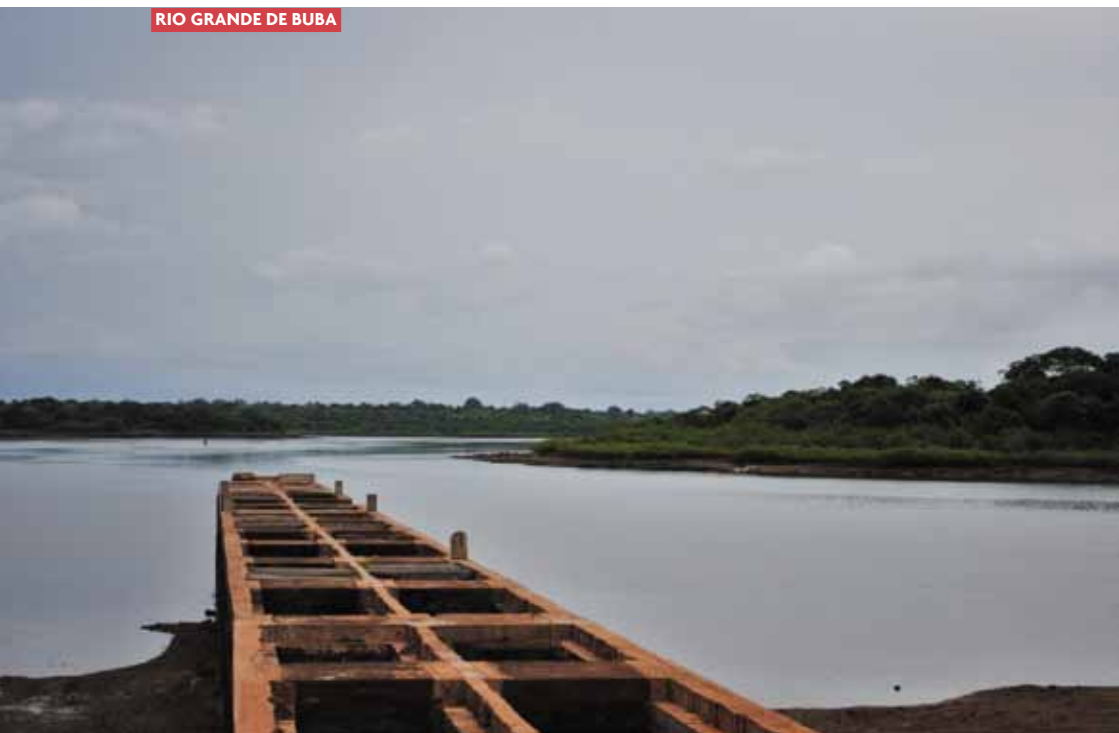
Tel.: (+245) 955 359 818

Tel.: (+245) 969 271 705

### **ADVENTURE CORUBAL**

[www.adventure-corubal.fr](http://www.adventure-corubal.fr)

**RIO GRANDE DE BUBA**





## WHERE TO EAT

### **BERÇO DO RIO**

Tel.: (+245) 966 619 700

Tel.: (+245) 955 208 020

Call in advance for booking.

## WHERE TO SLEEP

### **CASA DE PASSAGEM DO IBAP** 🏠

Director of the Cufada Lagoons  
Natural Park

Tel.: (+245) 966 098 080

Tel.: (+245) 955 575 758

### **POUSADA DA BELAVISTA** 🏠

Tel.: (+245) 966 647 011

### **BERÇO DO RIO** 🏠

Tel.: (+245) 966 619 700

Tel.: (+245) 955 208 020

## RATING

🌟🌟🌟 - GOOD / 🌟🌟 - AVERAGE /

🌟 - BASIC



# TOMBALI REGION

The most southern region of Guinea-Bissau is Tombali, its capital is Catió. The isolation of this region leads us to green landscapes where prevail mangroves along the rivers branches, rice fields, baobabs, African oil palm trees (*Elaeis guineensis*) and its palm oil, primary forests and, in the innermost zone, savannahs.

From the capital Bissau, heading south and towards Mansôa, Bambandinca, Quebo and then to Mampata. This journey of 258 km has its last 60 kilometres of dirt road in poor condition. This region is divided into four sectors: Catió, Bedanda, Cacine and Quebo.



## Historical elements and sites to visit in the region

### **Cantanhez Forest National Park**

**Introductory Note:** To travel from Bissau to Cantanhez should use a four-wheel drive or a high enough vehicle to get to the final part of the trail, between Guiledje and Iemberem, which is in very poor condition. We strongly recommend hiring a guide in Guiledje to escort you the rest of the trip due to the various paths' forks and a total absence of signposts.

Southeast of Catió and along the border with Guinea, lies the Cantanhez Forest National Park. This park is bordered on the north and southwest by the river Cumbijã, east and south by the river Cacine, to the north by Balana and Bala-nazinho rivers and southwest by the Atlantic Ocean.

It has become a major landmark for Guinea-Bissau with about 1057 square kilometres of forest, by its density and preservation, also being one of the nine most important natural sites from the biodiversity point of view in Guinea-Bissau and the World Wildlife Fund (WWF) classified it as one of the two-hundred most important ecologic regions worldwide. About 207 plants, more than 30 species of mammals and about 40 species of fish have been identified here.

The Park's guides have received specific training on environmental preservation and conservation of fauna and flora, which combined with ancestors' transmitted knowledge from generation to generation and acquired experience ensure reliable monitoring to all visitors here touring. On offer are several itineraries on various difficulty degrees which may include traditional culture expe-





riences, itineraries in forests and/or routes in the islands. The greatest attraction are the chimpanzees (*Pan troglodytes*) that can be better observed in early hours of the morning, when they wake up and start the daily rituals comprising loud screams, hitting the floor which echoes through the forest. The dazzling contemplation of the majestic and dense primary forest with huge Samauma and Tagaras, incites groups of tourists to embrace them and track down of various resident animals. The products of these dearly loved forests are still a source of subsistence for the local populations because they provide fruits, palm oil, timber and firewood. By the rivers, in which in the rainy season increase its flow up to six cubic meters, you can see the calm mangrove interrupted only by birds such as herons, the kingfisher or by fishermen in canoes. The towering palm trees and fresh water springs, sacred to the people of Cantanhez, will not leave anyone indifferent.



The Park is still the habitat to the noble monkey (*Colobus polykomos*), buffalo (*Syncerus caffer*), antelopes (*Hippotragus equinus*), the black bush hog (*Phacochoerus aethiopicus africanus*), the red bush pig (*Potamochoerus porcus*), the manatee (*Tri-chechus senegalensis*) the crocodile (*Cro-codylus niloticus*) among others. It is also part of passing of herons, flamingos, pelican, the African spoonbill and many other birds, some endangered.

## WHERE TO EAT

### ECOCANTANHEZ

Head office of Cantanhez Park.  
Tel.: (+245) 955 523 358. Call to book in advance.

### FARO SADJUMA

Road of Iemberem, Cantanhez Park | Tel.: (+245) 955 523 358  
Call to book in advance.

## WHERE TO SLEEP

### ECOCANTANHEZ

Head office of Cantanhez Park.  
Tel.: (+245) 955 523 358

### FARO SADJUMA

Road of Iemberem, Cantanhez Park | Tel.: (+245) 955 523 358

### RATING

🌟🌟🌟 - GOOD / 🌟🌟 - AVERAGE /

🌟 - BASIC

## TRADITIONS

In this area the population is divided into 13 *tabancas* with different traditions and customs. The main ethnic groups living in the Park are the Balanta, the Nalu, the Tanda, the Djacanca, the Fula and the Sousso. Almost all these ethnic groups maintain family ties with residents of neighbouring Guinea. The Nalus are known for their beautiful handicrafts, Balanta's pottery is also available in this region. One can manage a visit to the Park where the palm oil production areas are, to the extraction site of Cibe wine, to visit the place of the traditional rice peeling process, to observe the transformation of cassava into various products or to visit the plantations of cashew, peanuts and tropical fruits.

## Guiledje – Independence Museum of Guinea-Bissau

In Bedanda sector lies Guiledje, town that became famous by the Portuguese military headquarters being taken by storm during the struggle for national liberation of Guinea. In the space of the old quarter stands the Museum of Independence of Guinea-Bissau. Here are exposed weapons, ammunition, documents and maps. A visit to the museum is escorted by an ex-combatant who, in explaining the military strategy seems to relive the moment, nevertheless, he is keen to emphasize that the museum is an ode to peace.



PROJECT SUPPORTED BY THE EUROPEAN UNION  
**TOMBALI | ECOCANTANHEZ**

It aims to promote the improvement of living conditions and ecologic-tourism in the Cantanhez Forest National Park, Tombali Region, benefiting about 40,000 people. This project budgeted at 550,000 Euros, 90% funded by the EU, includes the museum “Environment and Culture” that encourages the depth of knowledge about ecological and cultural diversity and involves the population in creating conditions so that tourists can stay in the region and have access to local guides. The project involves women who ensure the housing care and feeding of tourists, local young people do take on the role of ecological-tourism guides of the various proposed routes, encourages the production and local processing of endemic products such as manioc flour and palm oil allowing that the added value remains in *tabancas* and therefore fostering job creation.

The project Ecocantanhez - Ecotourism in Cantanhez Forest National Park promotes environmental tourism, historical tourism, the nostalgia tourism, cultural tourism and scientific tourism. In Iemberém there are three bungalows built with local materials (adobe and straw), three more bungalows in Faro Sadjuma *Tabanca* and one single bungalow in Canamina next to Cacine River. [www.ecocantanhez.org](http://www.ecocantanhez.org)

**ECOCANTANHEZ**







**CENTRE OF FARIM**



**PORT OF FARIM**



**PORT OF FARIM**



**PORT OF FARIM**

# OIO REGION

The region of Oio which is inhabited mainly by the Balanta ethnic group has five sectors: Bissorã, Mansaba, Mansôa, Nhacra and Farim, city which holds the title of Oio's capital.

## FARIM

The road between Mansôa and Farim, a distance of 55 km, is one of the best driving roads in Guinea-Bissau; the city distances itself around 115 km from the capital. Passing by a village that has the curious name of K3, remnants of colonial military presence, the path ends abruptly at the edge of Cacheu River (travelling at night with reduce visibility, you ought to be rather careful thus this hazard won't catch you by surprise). Once arrived at your destination you will have to wait for the raft at the riverbanks. This raft can carry a light vehicle at each crossing and a few dozen passengers. Within the options available the best choice has got to be the raft, although there are many canoes to make the same journey to the other side, they aren't quite recommendable, especially when increases the reports of crocodile attacks to humans and animals.

Farim is the birthplace of Vasco Cabral (1926-2005) a leading intellectual figure who fought for auto-proclamation of Guinea-Bissau. It was from the prison in 1953 that he became famous for his poems and, until his death, he held various political positions.

As Oio region's capital, Farim enjoys some buzz thanks to the (public) utilities that the city owns and the proximity to Senegal's border, which favours regional commerce. It is a city with about 49,000 inhabitants where the Mandinga ethnic group predominates followed by the Fula ethnic group. Titina Sila, respected fighter for independence, was the victim of a deadly ambush here in Farim, she's still today a highly respected personality and remembered.





**MONUMENT ALLUSIVE TO THE 5TH CENTENARY OF THE DEATH OF INFANTE D. HENRIQUE**

## Historical elements and sites to visit in the region



**FARIM COLONIAL HOUSES**

### City Centre

Farim village was founded after 1640 by Portuguese whose traces are still visible in the monument in front of the port allusive to the anniversary of the death of Infante D. Henrique. Right next to it is a small chapel, also of Portuguese origin, now deactivated and under the management the Regional Education Directorate.

While strolling through the streets of the village, the colonial houses are easily recognizable and well preserved. It's easy to imagine the daily lives of this population. The Farim olympic swimming pool, which was built in 1958 and is now abandoned, is part of the Farim Recreation and Sports Club, once famous for their football victories.



**SWIMMING POOL**

### Terrorism Martyrs Square

In the former *Tabanca* of Morcunda, currently part of Farim, there is the Terrorism Martyrs Square, where a monument with the same name was erected after an attack of contradictory origin took place, killing at least 30 people and injuring over 100. In the evening of 1<sup>st</sup> November, 1965, people were dancing the *Djamdadon*, a Mandinga cultural expression, when the bombing happened without anyone claiming it.



**TERRORISM MARTYRS SQUARE**

## Farim Market

The market is located in the city centre and is the core of social life. Here many women sell salt although the sea is about 150 km away. They also sell traditional medicines to cure several diseases, vegetables, fish and fruit. In the middle of the square there is a well where women go to get water for daily use.

## Cacheu River

Another Farim main attraction is the Cacheu River, which offers quality shrimp that can be savoured *in loco* and also sold in Bissau with huge success.



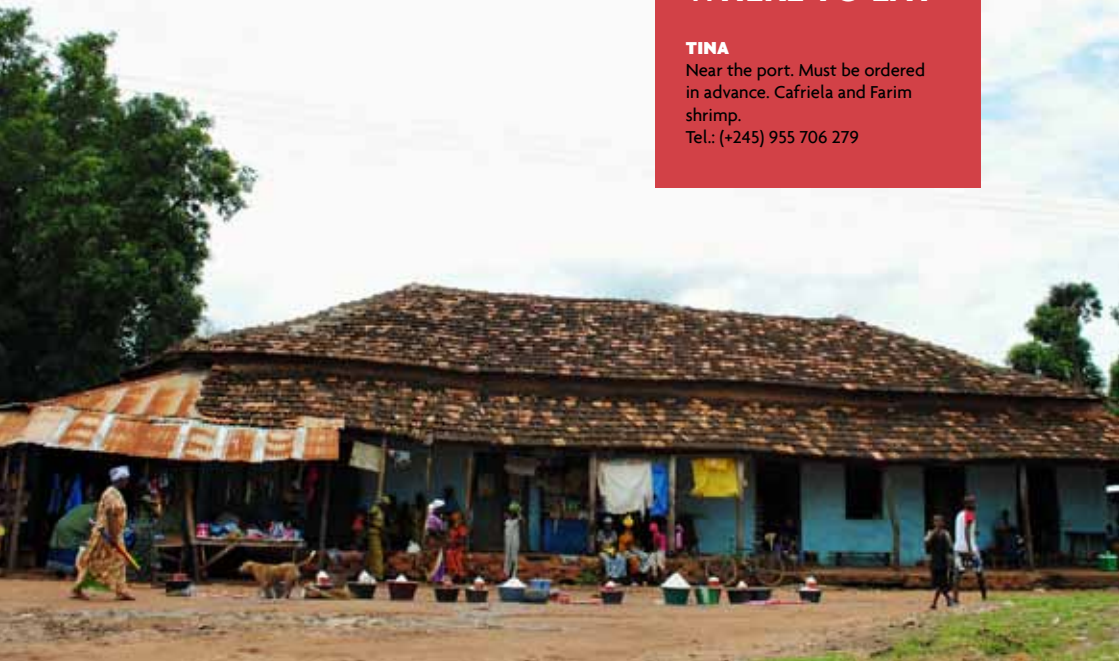
### FARIM MARKET

## WHERE TO EAT

### TINA

Near the port. Must be ordered in advance. Cafriela and Farim shrimp.

Tel.: (+245) 955 706 279







### PROJECT SUPPORTED BY THE EUROPEAN UNION **DJALICUNDA FARMER CENTRE** **KAFO FARMER FEDERATION**

In the village of Djalicunda, on the right towards Bissau - Farim, is the Farmers' Training Centre for Agricultural Vulgarization and the Traditional Knowledge Valorisation aimed at strengthening the skills of local people and promote sustainable rural development. This project, which was co-funded by the EU with almost 700,000 Euros directly, benefits 23,454 farmers and 900 *tabancas* of the regions of Oio, Cacheu and Bafatá. In this Centre, distributed over several bungalows, workshops are organized for processing local fruits (transforming them into juice or jam), for socio-cultural exchanges, for radio communication (very important in remote areas and without electricity) and for women's leadership in rural areas. This centre also intervenes in strategic sectors for these regions such as agriculture (there's even a seed bank), fishing, livestock, traditional medicine, community health, beekeeping, appropriate technologies or community exploitation of forests. By visiting it, tourists can purchase regional products such as natural juices produced and bottled here and discover some of the country's agricultural characteristics.

## **MANSÔA**

Another important village of Oio region is Mansôa, a vital trade centre and a military area of strategic importance for the country. The village is located 60 km from Bissau, has about 47,000 inhabitants, according to the 2009 census, and the dominant ethnic group is the Balanta.

Entry into Mansôa, through the Amílcar Cabral Bridge, built in 1964, allows us to enjoy a beautiful view of the *bolanhas* surrounding us on one side and dikes and traditional floodgates on the other. When it's time for the field preparation, it's up to the men to deal with the dikes and turning over the soil with shovels, while the women are responsible for the nurseries, transplanting and transporting rice. Men are also in charge of harvesting the rice that is mostly used for subsistence and not for sale.

## Historical elements and sites to visit

The central market goes along the road toward Farim, with stalls on both sides, which greatly enlivens the centre of Mansôa.

Here we can find some degraded buildings but we discover some architectural beauty as the old post office, the governor's house, the old cinema, the old power plant or the once known as Gouveia house.

One of the most popular radio stations in the country also operates in Mansôa: the Radio Sol Mansi, which has an extensive geographic coverage. There is also the football team Balanta of Mansoa one of the most important in the country.

### PORTO GOLE

This small village is located on the road connecting Bafatá to Bissau, a few kilometres from Bambadinca. Porto Gole, on the banks of the Geba River, is said to have been discovered by the first Portuguese explorer Diogo Gomes in the year 1456.





**ELEVATED HOUSES**



**BOLAMA MARKET**



**BOLAMA PORT**

**VIEW OF THE CITY OF BOLAMA**



# **BOLAMA AND BIJAGÓS REGION**

In terms of administration, the Bolama-Bijagós region is divided into four sectors: Bubaque, Bolama, Caravela and Uno. In each one there is a sector administrator and a governor-general for the entire Bolama region.

## **BOLAMA ISLAND**

The Island, which has a city with the same name is the capital of the Bolama sector and of the Archipelago of Bijagós.

## **HISTORICAL BACKGROUND**

The Bolama Island was detached from the Cape Verde Archipelago in 1879 and became the first capital of Portuguese Guinea on 19<sup>th</sup> March, 1879. According to historical sources, Bolama had been previously discovered and occupied by the British who built a trading post here and, on this basis, claimed ownership of the territory. In 1870 by arbitration of the US President, Ulysses S. Grant, reason is given to Portugal, taking into account the evidence presented in court, a slab that was submerged and was inscribed with the date the Portuguese entered the territory prior to the arrival of the British, having the latter given up claim over Bolama and adjacent areas.

## **CITY OF BOLAMA**

The city of Bolama has 21,000 inhabitants, an area of 65 km<sup>2</sup> and is inhabited mainly by Mancanhas and a few Bijagós. The main activities developed are fishing and agriculture (peanuts, potatoes, corn, manioc and cashew).





**BOLAMA HOUSE**

## Historical elements and sites to visit in the region

Bolama is an abandoned city, the buildings of great historical interest are completely destroyed without any maintenance and at risk of collapse. Still, they deserve to be visited, in this land that “once was ...”



**TOWN HALL PALACE**

### Town Hall Palace

Built in 1919, this building resembles the White House in Washington DC, with its Greek type columns representing the pillars of power. Here all administrative services related to current management of Portuguese Guinea were handled. The building was abandoned in 1949 when the capital was moved to Guinea-Bissau, and is currently at risk of ruin, there is even missing a part of the structure.



**SÃO JOSÉ CHURCH**

### São José Church

São José Church was built on May 16<sup>th</sup>, 1871. Revealing a simple facade and austere interior, still have some of its original tiles. It was restored in the late twentieth century.

## **Ruins of the *Ultramarino* Bank**

The *Ultramarino* Bank which was located in the main town square, worked until the 40's of last century and was later a highly reputed hotel, the Turismo Hotel, which also closed. Today not much is left of the building.

## **Town Garden**

The garden has a damaged bandstand and several park benches, hidden among the grass. But it's easy to imagine the beauty of this garden in past days. The houses surrounding the square and the one in adjacent streets remind us of the Portuguese colonial architecture.

## **Traces of the British Telegraph trading post**

Very close to the main square you can find the metal ruin of the first telegraph in Western Africa built upon installation of the British trading post in Bolama. In addition to the board that marks the spot, recently placed by British parliamentarians, there is little more to define the old telegraph, because the iron structure has been removed to be melted and sold, which calls for increased attention of the authorities to preserve this historical element of the city. There are also here contemporary building houses besides the British trading post, built on pillars and high off the ground to protect them from the waters.



**MUNICIPAL GARDEN**



**MUNICIPAL GARDEN BANDSTAND**



**BRITISH TELEGRAPH**



## The City Harbour

In the lower part of the Bolama town, is the harbour and the main square with an imposing statue to honour the dead of the two Italian seaplanes, victims of a crash in Bolama, in January 1931, during the 1<sup>st</sup> crossing of the Atlantic Ocean in squadron (14 seaplanes) from Rome to Rio de Janeiro. In the harbour we also find a structure of olympic dimensions which was once the city's municipal swimming pool surrounded by palm trees and with superb views over the ocean and São João, which is now abandoned. Next to it is the Region headquarters.

## WHAT TO VISIT IN BOLAMA ISLAND

The island has nice beaches worth visiting. The Ofir Beach (about 3 km from Bolama), where you can find the structure of what was once a hotel unit. It is the most popular beach for the inhabitants of Bolama. At about 21 km, to south-west, tip, it's the beautiful beach Bolama de Baixo, with fine white sand.

## HOW TO GET HERE

The connection between Bolama and Bissau occurs once a week. The boat leaves from Bissau on Friday and returns from Bolama on Sunday, which gives an extra life to this city that usually stands by the pace of days without major surprises. In addition, there is a canoe to São João, mainland that you can see from the island (about two hours of Buba by car), and private pirogues, which are an economical alternative of transportation between Bissau and Bolama (not recommended).

## ISLAND OF GALINHAS

The Island of Galinhas with about 1,500 inhabitants is close to Bolama. It has absolutely no hotel support structure but it worth a brief visit for its historical significance and beauty of the beaches. In colonial times it was an island prison, known as the Penal and Agricultural Colony of Ilha de Galinhas where they incarcerated political prisoners, independence advocates, and in particular, the intellectual and Guinean musical reference, José Carlos Schwartz. It has wild beaches that are worth exploring. Here you arrive by pirogue from Bolama, São João or Bissau.

## WHERE TO SLEEP

### PESCARTE RESIDENCE 🏠

Tel.: (+245) 955 905 262

Tel.: (+245) 966 633 827

### GÃ-DJAU HOTEL 🏠

Tel.: (+245) 955 288 717

## WHERE TO EAT

### BAR O FOGO

Tel.: (+245) 955 235 887

It is necessary to call in advance to order. Inês Tavares.

### RATING

👍👍👍 - GOOD / 👍👍 - AVERAGE /

👍 - BASIC





## ARCHIPELAGO OF BIJAGÓS

The Archipelago of Bijagós, elevated to Biosphere Reserve of UNESCO in 1996, consists of about 90 islands, 17 of which inhabited permanently. Some islands have a seasonal population that move to them for rice farming or fishing, others are considered sacred to the Bijagós and is therefore forbidden to live or to spend the night in them. It is indeed this animistic faith of Bijagós, prohibitive for economic and subsistence activities in many of the areas considered sacred, the guarantor in a sense, of the Archipelago preservation. We can also associate the conservation status of these islands to the fact that they have been isolated for many years, not only by insularity but also by the Bijagós warrior temperament that has always protected against foreign intrusion, even in the period of colonization.

This Archipelago, which has a beauty and natural and cultural wealth of exception, has a marine extension from 10,000 square kilometres and the closest island to the mainland is located around 20 km. The sea surrounding the islands is shallow but extremely rich, which allows us to find, for example, the manatee (*Trichechus senegalensis*), cape clawless otter (*Aonyx capensis*), sharks, rays, sawfish, dolphins (*Sousa teuzil* and *Tursiops truncatus*), crocodiles (*Crocodylus niloticus* and *C. tetraspis*), the marine hippopotamus (*Hippopotamus amphibius*) and four species of sea turtles, including the green turtle (*Chelonia mydas*) - which has in Poilão Island the main area of spawning across the African continent.

The mangrove covers about a third of the emerging part of the Archipelago which explains the richness of its waters, as equally desirable for birds. In fact, the Bijagós Archipelago is also a host point to one of the largest communities of migratory birds worldwide.

In this paradise we can find, for example: the little bee-eater (*Merops pusillus*), the blue-cheeked bee-eater (*Merops persicus*), the palm-nut vulture (*Gypohierax angolensis*), the hooded vulture (*Necrosyrtes monachus*), the spur-winged lapwing (*Vanellus spinosus*), the African fish eagle (*Haliaeetus vocifer*), the fish eagle (*Pandion haliaetus*), the Senegal thick-knee (*Burhinus senegalensis*), the red-chested swallow (*Hirunda lucida*), the little swift (*Apus affinis*), the African wattled lapwing (*Vanellus senegallus*), the bronzy sunbird (*Nectarinia kilimensis*), the olive-bellied sunbird (*Cinnyris chloropygius*), the African grey hornbill (*Tockus nasutus*), the little tern (*Sterna albibrons*), the violet-backed starling (*Cinnyricinclus leucogaster*), the splendid starling (*Lamprotornis splendidus*), the bar-tailed godwit (*Limosa lapponica*), the black crane (*Amaurornis flavirostris*), the Western reef heron (*Egretta gularis*), the black tern (*Chlidonias niger*), the grey-headed gull (*Larus cirrocephalus*), the slender-billed gull (*Larus genei*), the sandwich tern (*Thalasseus sandwicensis*), the caspian tern (*Hydroprogne cáspia*), the royal tern (*Thalasseus maximus*), the

goliath heron (*Ardea goliath*), the striated heron (*Butorides striata*), the malachite kingfisher (*Alcedo cristata*), the African sacred ibis (*Threskiornis aethiopicus*), the saddle-billed stork (*Ephippiorhynchus senegalensis*), the whimbrel (*Numenius phaeopus*), the yellow-billed kite (*Milvus aegyptius*), the African paradise flycatcher (*Terpsiphone viridis*), the pink-backed pelican (*Pelecanus rufescens*), the curlew sandpiper (*Calidris ferruginea*), the little stint (*Calidris minuta*), the African green pigeon (*Treron calvus*), the blue-spotted wood dove (*Turtur afer*) or the village weaver (*Ploceus cucullatus*). Poilão, João Vieira and Orango are still the natural habitat for the timneh parrot (*Psittacus timneh*), a threatened species.

## POPULATION

The Bijagó ethnicity (which is divided into four distinct groups: Oracuma, Ogubane, Oraga and Ominca, constitutes the majority population of the Archipelago with an estimated 34,000 inhabitants. We can still find in some of the Islands ethnicity Papel, Beafada, Manjaco, Mandinga, Fula and Nhominca, this last one coming from Senegal and settling in seasonal fishing camps. The base of the economy in the Archipelago is rice, fishing, harvesting shellfish, palm oil production or grazing but all of these activities are just for subsistence with a sustainable use of all resources available to residents of Bijagós.

## GEOGRAPHY

We can distinguish in the Archipelago five geographic zones: the east side consists of Galinha Island, Canhabaque, Soga, Rubane and Bubaque; the south zone that integrates Orangozinho, Meneque, Canogo, Orango Grande; the west with the islands of Uno, Uracane, Eguba, Unhocomozinho and Unhocomo; northwest we can find Caravela, Keré and Carache; and finally in northeast, there are the islands Formosa, Ponta and Maio. It is worth mentioning the two Marine National Parks – João Vieira and Poilão Marine National Park and the Orango National Park - and also a Protected Community Marine Area of the Islands of Formosa, Nago and Tchedia (Urok).





CHABÉU

## ISLAND OF BUBAQUE

The Bubaque Island has an area of 48 square kilometres and about 11,300 inhabitants. It is located in the southeast corner of the Archipelago, separated by a narrow channel of Rubane and relatively close to the Soga and Canhabaque Islands.

This is the most touristic island, with a wide hotel variety and a music festival at the Easter weekend which attracts many tourists moving from the mainland to attend all three days of contemporary music and traditional Guinean music.

## CITY OF BUBAQUE

Life in the city of Bubaque, capital of the island, is lived around the harbour and the market that exists there, right next to the pier. It's a city with disorderly streets and various types of buildings, with some traces of colonial architecture.



BUBAQUE MARKET

# Historical elements and sites to visit in the region

## Port

Highly degraded, the point of excellence is the arrival to the island. Here you can see the simmer of people, especially on the arrival and departure of the boat bound for Bissau. It's a ferry where everything embarks and disembarks: fish, chickens, cows, pigs, goats and of course a lot of people that between Friday and Sunday (the boat travel days) arrive or depart from Bubaque. In and out of the boat has to be a little inventive because the structures are not prepared for landing in conditions called "standards".



**PORT OF BUBAQUE**

## Market

Leaving the port and going to the right side we find the local market with selling stalls filled with colours. Here they sell a little of everything in small warehouses and stalls like vegetables, fruit, fish, meat, clothing, cereals, rice, medicines, shoes or small appliances.

## Former Home of the Bubaque Administrator

This colonial building that is across the channel separating Bubaque of Rubane, is in obvious state of disrepair and works today, though, as the main administrative power in Bubaque.



**FORMER HOME OF THE BUBAQUE ADMINISTRATOR**





**BIJAGÓS CRAFT**

## **Bubaque Museum**

To the left side, just outside the port, up to an avenue where you will find the Bubaque museum “Padre Biasutti” which hosts dozens of statues, masks and objects of daily use by the Bijagós, collected over the years by Luigi Scantamburlo, an Italian missionary who resides there since 1975. The Bijagó art alongside the Nalú craft is the most important and best known of Guinea-Bissau. The Bijagós artisans with only a knife and a piece of wood produce religious sculptures and masks, the *Régulo* benches or statues (these require a ceremonial prior to their implementation), canoes, paddles, pestles and mortars. All this cultural richness is represented in this museum opened in 2009 with opening from Tuesday to Sunday. Time: 10h00-13h00 and 16h00-19h00.



**BIJAGÓS CRAFT**



**TRADITIONAL MANUFACTURING OF SKIRT WITH PALM LEAVES**

## The interior of Bubaque Island

From the museum we can go into the island where we will come across the New *Tabanca* of Bijagó or Bijante, a walk of about 4 km, first along a street with houses on one side to the other and then through the dense woods. This is the largest *Tabanca* after Bubaque and home to traditions and very particular rituals of Bijagós. Tourists are welcomed and soon boarded by children and young people who show the village and forward them to the house of the *Homem Grande* (Great Man). Rules of courtesy advise the visitor to be provided with tobacco or brandy to offer to the Chief of the *Tabanca*. This *Tabanca* owns the sacred island of Rubane, just across from Bubaque where they live seasonally for rice cultivation.



NEW TABANCA OF BIJAGÓ OR BIJANTE



## BRUCE BEACH

At approximately 15 Km from Bubaque, although it's at the other end of the island, the Bruce beach justifies a shift in your journey. It is a stretch of white sand and calm waters with palm trees and a dense bush almost touching the sea. Nearby is a large *Tabanca* with the same name. The calm sea and warm water invites to a bath but special attention should be given to the rays that abound in this area. It is advisable to use sandals to protect feet. To get there you should ask in one of the hotels of the possibility for using a car, bike or a motor-bike.



## HOW TO GET HERE

The regular boat leaves from Bissau on Friday and returns on Sunday. Information on schedules should be obtained at the Bissau or Bubaque port. A small plane trip from Bissau or Cap Skirring (Senegal) is also an option through private operator because there is an airstrip in operation. It is also possible to make the trip in private speedboats or motorized canoes (this last not recommended because the tides and currents advise redoubled caution in Archipelago seas).

BRUCE BEACH

PORT OF BUBAQUE

## WHERE TO SLEEP

### **KASA AFRIKANA** 🏠🏠🏠

Tel.: (+245) 955 949 213  
[www.kasa-afrikana.com](http://www.kasa-afrikana.com)  
Hotel designed for sport fishing programs. It is possible to get excursions in the island, and other islands.

### **CASA DORA** 🏠🏠

Tel.: (+245) 966 925 836  
[www.casadora.yolasite.com](http://www.casadora.yolasite.com)  
It is possible to get excursions in the island and to other islands.

### **LODGE LES DAUPHINS** 🏠

Tel.: (+245) 955 831 307  
[www.lodgelesdauphins.com](http://www.lodgelesdauphins.com)  
Hotel designed for sport fishing programs. It is possible to get excursions in the island, and other islands.

### **HOTEL CALYPSO** 🏠

Tel.: (+245) 955 949 207  
(+245) 966 106 436  
[www.hotelcalypso-bubaque.com](http://www.hotelcalypso-bubaque.com)

### **LE CADJOCO** 🏠

Tel.: (+245) 955 575 470

### **CHEZ TITI – GUESTHOUSE** 🏠

Tel.: (+245) 955 991 353  
[www.titibubaque.com](http://www.titibubaque.com)

## WHERE TO EAT

### **SALDOMAR**

Tel.: (+245) 955 496 826  
Italian food.

### **DJIU MANCEBO**

Tel.: (+245) 966 100 174  
Tel.: (+245) 955 805 563  
African food, close to port.

### **CASA DORA**

Tel.: (+245) 966 925 836  
[www.casadora.yolasite.com](http://www.casadora.yolasite.com)  
Must be ordered in advance.

## **RATING**

🏠🏠🏠 - GOOD / 🏠🏠 - AVERAGE /

🏠 - BASIC



## PROJECT SUPPORTED BY THE EUROPEAN UNION

### **“BUBAQUE OPEN CITY”**

The support for the project “Bubaque open city” aims to enhance the visibility of the cultural heritage of the island, to increase the capacity of accommodation available to tourists and better the services and infrastructure of the city of Bubaque. With EU funding of 480,000 Euros, representing 75% of total cost, this project aims, among other things, the creation of a course in hotel management for Bijagós youth and fostering partnerships with solidarity tourism operators.



## PROJECT SUPPORTED BY THE EUROPEAN UNION

### **BUBAQUE FESTIVAL**

This annual event of music and culture aims to promote the cultural richness of the Bijagós, to celebrate the heritage of biodiversity of Guinea-Bissau as well as to catalyse new alliances for improving sustainable ecotourism.

The Bubaque Festival is integrated in a wider action co-financed 78% by Program ACPCultures+ (budgeted at 280 million Francs CFA) and the remaining 22% by the NGO Cobia Communications and other public and private sponsors. Among the activities of the “Culture Festivals: To Sustain The Man and the Biosphere” aimed at strengthening a network of music festivals in Guinea-Bissau, Senegal and Mauritania, we highlight the following: developing new digital promotional strategies to increase the renown of the three participating festivals, including the launch of a common internet portal as well as initiatives to strengthen the capacity of young people to produce multimedia content; facilitate collaborations, exchanges and residencies, in order to create new links between the cultural industries of the three countries involved, as well as providing technical and financial support to Bubaque Festival to ensure its sustainability and its integration in the context of sub regional cultural events, with special attention to creating new jobs in the industry.

## ISLAND OF RUBANE

Sacred Island, very close to Bubaque, where it is not allowed to build permanent constructions, shed blood or bury the dead. Part of the year Rubane hosts the inhabitants of the New Tabanca of Bijagó or Bijante of Bubaque, who live in camps while cultivating rice or produce palm oil. There is also in this island a small Senegalese camp dedicated to fishing. The island has a lush landscape that invites for long walks in the island. Even in front of Bubaque is the fishing club Chez Bob and, in a wider area, reserved and very well-kept, you can find the Hotel Ponta Anchaca with wooden buildings and walkways filled with statuary. It worth a stay or at least one visit and a late afternoon refreshment on the deck located on top of the sea.



## HOW TO GET HERE

The hotels have their own boats to make the trip from Bissau or from Bubaque. You can also catch the weekly boat between Bissau and Bubaque and do the transport by dinghy to Rubane. Another alternative is by light aircraft from Bissau, Dakar or Cap Skirring (Senegal) to Bubaque; also the Hotel Ponta Anchaca (owner of the aircraft) can provide transport by boat to Rubane Island. You can also use an air taxi, see contact of company Arc en Ciel, at the end of the guide.

## WHERE TO SLEEP AND EAT

### PONTA ANCHACA HOTEL 🏨🏨

Tel.: (+245) 966 394 352

Hotel designed for sport fishing programs. It is possible to get excursions to the islands.

### FISHING CLUB BIJAGÓS – CHEZ BOB 🏨

Tel.: (+245) 966 109 145

[www.chez-bob.sitew.com](http://www.chez-bob.sitew.com)

Hotel designed for sport fishing programs. It is possible to get excursions to the islands.

### RATING

🏨🏨 - GOOD / 🏨 - AVERAGE / 🏠 - BASIC

## ISLAND OF SOGA

This sacred island is reserved for female initiation rituals. The visit is conditioned so we advise you to get information in Bubaque for the possibilities of going there.

## ISLAND OF CANHABAQUE

The Island of Canhabaque, also known as Roxa (Purple), is an island of 111 square kilometres, covered by lush vegetation and beautiful beaches alternating with rock formations. It was the first island of the Archipelago to be inhabited and today hosts a community of about 2500 inhabitants, spread over several *tabancas*. It is considered the most traditional of the entire Archipelago, in terms of habits and way of life and disputes with Caravela the reputation of the most beautiful. Canhabaque is an enchanted island to the animists, who believe that here the trees talk. It worth a visit to learn about the traditions, especially in the *tabancas* at the eastern side of the island which are the furthest away from the influence of Bubaque: Inorei, Meneque, Inhodá and Ambeno. Here we find a matrilineal society where women have a strong predominance in the management and maintenance of the balance of *tabancas*.





## HOW TO GET HERE

From Bubaque it's about an hour on a motorized canoe. We advise you to be accompanied by offerings to the Chief of the *Tabanca* - the Oronhó - as well as for the Queen Okinka in the *Tabancas* to be visited. Usually the gifts are tobacco, palm wine or brandy.

## Visit to Queen - Okinka

We suggest you pay a visit to Queen-Okinka taking her a gift, in what is a very satisfying experience. Okinka, the most influential in the island, stays in the Inorei *Tabanca*, although each of the island's *tabancas* has its own Queen.







# ORANGO NATIONAL PARK

In the southern part of the Archipelago, this park consists of five main islands: Orango, Orangozinho, Meneque, Canogo and Imbone and three islets: Adonga, Canuapa and Anetive. It has a total area of 158,235 hectares.

## ORANGO ISLAND

Orango is part of the National Park by the same name. Is the most distant island of the mainland of Guinea-Bissau and the largest in terms of surface, although only account for about 2 500 inhabitants spread over about 10% of the territory. This Island has an extremely abundant wildlife including marine hippos, crocodiles and some species of turtles that nest here, the painted-gazelle, green monkey, otters, manatees and dolphins.

Orango has the distinction of being ruled by women. Even when *tabancas* have a leader, they are the descendants of Queen Kanyimpa who wield real power. Their decisions are unquestionable and irrevocable. Here they live in a matrilineal system in which women wield power, they are the owners of the lands, of houses and crops, choose their boyfriends and husbands, take the initiative to divorce and stay invariably with child custody.



# Historical elements and sites to visit in the region

## Tabanca of Angagumé

It is the ancient capital of Orango and from which originated the Queen Okinka Pampa. It is a relatively small *Tabanca* where one lives in a traditional way with the particularity of being ruled by a Queen who is elected among women of the *Tabanca* and remains in charge for life. According to ancient traditions this woman after elected is involved in the management of the community interests and must leave her family. The authority of the Queen extends and is recognized around the Archipelago of Bijagós.

## Tomb of Queen Pampa

The Mausoleum of Okinka Pampa, who reigned in the Bijagós Archipelago until the year of her death, 1923. She was revered throughout the Archipelago (and in the mainland) for always having resisted the Portuguese colonization and for having completed a peace agreement, considered fair to her people. In this sacred temple, Queen Pampa is revered and the entire royal family, considered gods by the people of Bijagós. Two middle-aged women control the entry to the temple where no one has the right to tamper with the door that gives you access and you can only enter through a special permit.



ARRIVAL AT ISLAND OF ORANGO



ANÔR LAGOON



ANÔR LAGOON



## Anôr Lagoon

Orango, full of mangroves and with a estuary that comes into the island has the distinction of being home to a large community of marine hippos living between the lagoon within the island and the salty ocean waters that bathe. Not being the only country in the world where hippos live both in the sea and in fresh water, here it stands by the fact that they can live permanently at sea (just need fresh water to drink) and traveling between the islands of Bijagós, making great distances. The Orango hippos spend most of the day in Anôr lagoon and at the end of the day, head to the sea where they bathe, achieving a way to get rid of the leeches that populate their body. We can easily find the tracks of their passage between the dry grasses when we go through the Island.



Arriving at the park, and taking into account the tides, there are two ways of contemplating these hippos in their natural habitat from the observation post installed along the lagoon. One possibility is to go sailing on the arms estuary in a route of great beauty between mangroves that lead us to a pontoon already very close to the lagoon. From here we only need to do a short walk and we pass a *tabanca* and some rice fields. Another possibility is to anchor the boat on the beach and make a path of about an hour through a typical savannah landscape, dotted with palm trees. This alternative, although more tedious, takes us by landscapes worthy of recording and also come across here and there, small pond with “lizards” (crocodiles) apparently as friendly as hippos, some monkeys and the inhabitants of the island in their daily activities.



The hippo is considered a sacred animal by the people and you should not make any kind of assault or kill hippos. According to beliefs of Bijagós animists when you hurt a hippo, disgrace looms upon this person or family. There is a known legend of a man who tried to kill a hippo with a spear for invading his rice fields. When his child was born he had a deficiency in the lip in the same place where this man reached the hippopotamus. To protect the rice fields, often assailed by these animals, there have been recently created electrified fences to ensure the healthy coexistence between the man and the hippos, without prejudice to the subsistence farming that is practiced here.



## WHERE TO SLEEP AND EAT

### ORANGO PARQUE HOTEL 🌳

Tel.: (+245) 955 352 446 | Tel.: (+245) 966 605 015  
[www.orangohotel.com](http://www.orangohotel.com)

### RATING

🌳🌳 - GOOD / 🌳 - AVERAGE / 🌳 - BASIC

## Beaches

The beach par excellence of the island is close to the Orango Parque Hotel and it has long sandy embroidery in a completely wild landscape.



ORANGO PARQUE HOTEL

PROJECT SUPPORTED BY THE  
EUROPEAN UNION  
**BIJAGÓS | STRENGTHENING OF  
NATURAL TOURISM, HISTORIC  
AND CULTURAL**

This project, carried out by the CBD-Habitat Foundation and funded by the EU with 500,000 Euros, aims to boost the development of actions related to conservation of biodiversity and habitat, facilitating relations between man and the natural environment in the Archipelago of Bijagós and also develops responsible eco-tourism programs in the existing national parks. The CBD-Habitat manages the Orango Parque Hotel in the Orango Island where it reinvests the proceeds in small community projects for the benefit of local people.

## HOW TO GET HERE

From Bissau you can catch the boat service to Bubaque and contact the IBAP to see how to organize a visit to these islands. The alternative is to use private boats from Ponta Biombo or Bissau, on the mainland, or from any of the Archipelago islands with tour options and by consulting the hotels.

*Note: We advise taking bottled water, comfortable clothes, repellent, sun protection and food.*



## ISLAND OF ORANGOZINHO

The Island of Orangozinho is also part of the Orango National Park, has the same characteristics of Orango Island, lush mangroves and sandy bays surrounded by totally wild palm.

### Beaches

Ponta Anó which is close to the *Tabanca* of Acanho in Ponta Canapá, located in the south extreme of the island near the channel giving access to the *Tabanca* of Uite. Both are totally wild beaches that are only reachable by boat. In Ponta Canapá there is an important colony of monkeys, for the enjoyment of travellers, that every day come and play and eat seafood on the sands of low tide.

### ORANGO PARQUE HOTEL BEACH





**CARAVELA**



**CARAVELA**



**CARAVELA**

## HOW TO GET HERE

There is a possibility to catch a motorized canoe from Bissau (ill-advised) or use private boats that make the journey from Bissau or Biombo to the islands of Keré and Caravela.



**CARAVELA**



# ISLANDS OF CARAVELA, CARACHE AND KERÉ



## ISLAND OF CARAVELA

This is the island of beautiful beaches par excellence. It is an extensive beach of white sand, turquoise water, centenarian *poilões* and shady trees where it is common to find monkeys. This island, with low population density, shows the best and most natural you can find in the Archipelago of Bijagós.

Here live about 10.500 people spread across five *tabancas* inside the Island. The population is mainly dedicated to traditional fishing, rice cultivation “m’pampam”, cashews and *mancarra* and picking combé, the basis of the island’s diet. The society of Caravela is the image of what we have already mentioned in relation to other islands, matrilineal, while the woman chooses her husband.



Every seven years is carried out the *fanado*, an initiation ritual of adulthood and entry into the ancient Bijagó culture. The *fanado* has a duration of 30 days and between various practices implies the circumcision. Each *tabanca* has its “ponta de fanado”, a vast area with a house which no one can approach without having passed the *fanado* ritual and access is forbidden to the opposite sex. The *fanado* of women is the most sacred because it has a strong spiritual component, since it’s in them that the dead reincarnate.



## ISLAND OF CARACHE

An island with dense vegetation, small bays and a large community of African green monkeys who live next door to the sparse human population spread over three *tabancas*. The model of society and traditions are a replica of what was previously described on the neighbouring island of Caravela.



CARACHE



CARACHE

## HOW TO GET HERE

There is a possibility to catch a motorized canoe from Bissau (ill-advised) or use private boats that make the journey from Bissau or Biombo to the islands of Keré and Carache.

## ISLAND OF KERÉ

Upon arrival in Keré we believe that we are entering in the Peter Pan Island. This island is tiny but big enough to host a fishing camp which consists in several bungalows and a common part that invites strongly to a relaxing weekend amongst the trees, enjoying the beach and the pure nature. All facilities in this island are aimed for salt water sport fishing and ecotourism. There are several options available to tourists interested to visit the Bijagós Archipelago.



KERÉ



KERÉ

## WHERE TO SLEEP AND EAT

The Keré Hotel owns a boat to transport tourist from Ponta Biombo to Keré.

### HOTEL KERÉ 🏨

Tel: (+245) 966 993 827

Tel.: (+245) 966 794 965

[www.bijagos-kere.com](http://www.bijagos-kere.com)

### RATING

🌟🌟🌟 - GOOD / 🌟🌟 - AVERAGE / 🌟 - BASIC



KERÉ





# JOÃO VIEIRA AND POILÃO MARINE NATIONAL PARK

The National Park belongs to the Biosphere Reserve and was declared “Gift to the Earth” by WWF in 2001. The park consists of six islands and islets: João Vieira, Poilão, Meio, Cavalos, Cabras and Aweto - the southern Islands comprising a total area of 49,500 hectares, of which 95% are part of the inter-tidal zone and shallow marine-water zone. Its vegetation is predominantly palm, savannahs and dry forests with dense and semi dense vegetation. These islands are inhabited only seasonally and the access to them is limited because they are considered sacred, and it's required an application for prior authorization to enter in any of them. The authorization is granted by the Canhabaque southern *tabancas*. The *Tabanca* Bine owns Cavalos Island, the Meneque owns João Vieira, Meio is owned by the *Tabanca* of Inhoda and Poilão belongs to Ambeno.







Source: Coordination of "Reserva da Biosfera de Bolama – Bijagós"

## ISLAND OF POILÃO

The Poilão Island is a sacred island, protected by the spirits according to Bijagó myths. It is in this island that comes the consecration of the *Régulos* and the entrance is forbidden to uninitiated. With a perimeter of about three kilometres, Poilão is about 50 kilometres from the mainland coast of Guinea and is a sanctuary for nesting turtles in Western Africa. Between October and November five species of sea turtles are spawning in the Archipelago essentially choosing this island. Here we find the green turtle, the hawksbill turtle, olive, loggerhead and leather. With the monitoring of park rangers one can peep not only the spawn but as well as the baby turtles racing to the sea, something worthy of being recorded on camera.

## ISLAND OF CAVALOS

An island surrounded by a contiguous beach with many shells, which invites you for a quiet stroll all around the isle, literally 360°, along the perimeter of 6 km. Some mangroves grew in the rocks that protrude out of the water at high tide. Its interior with palm trees and tall grass is inhabited by a large colony of feral pigs. It has a beautiful fresh water lagoon and is a place of excellence for many birds nesting.





**ISLET OF MEIO**

@ [www.africa-princess.com](http://www.africa-princess.com)

## **ISLET OF MEIO**

Known for the beauty of their fully wild beaches, here is one that is said to be the most beautiful beach of the Archipelago located inside small cove emerald green waters, formed at low tide by the Islet of Aweto.

After the obligatory diving, a wide clearing shaded by a large *Poilão* invites you to a picnic followed by a soothing nap.

Opposite the Islet of Meio, with its long beach of white sand blanketed by dense vegetation, is the Islet of Cabras.



## ISLAND OF JOÃO VIEIRA

The Island of João Vieira is seasonally inhabited by people of Canhabaque, its legitimate owners. Here grows the traditional rice crop “m’pampam”, the wine and oil palm are produced and are practiced, throughout the year, several traditional ceremonies, as well as in Meio and Cavalos Islands. Please note that the Bijagós people devote about an hundred days a year to rites and traditional ceremonies.

It has a beautiful bay with a long beach of white sand, where the hotel serves as a logistics base to anyone visiting the islands of the Marine Park. The João Vieira and Poilão Park’s guards’ house hosts a modest museum, yet offering a good representation of the existing biodiversity.





## WHERE TO EAT AND SLEEP

There is a small hotel in João Vieira receiving tourists and in Poilão there is a temporary camp, normally reserved for researchers of the Institute of Biodiversity and Protected Areas (IBAP). In this island there is a maximum limit of people allowed to stay overnight.

### **CHEZ CLAUDE** 🏠

Tel.: (+245) 955 968 677

E-mail: joaovieira.chezclaud@yahoo.fr

## HOW TO GET HERE

From Bissau one can catch the liner service to Bubaque and contact the IBAP to see how to organize a visit to these islands. The alternative is to use private boats either from Ponta Biombo, Bissau or the mainland, or even embark on any of the island chain with tourism and excursion options on offer, which you can be chosen with the help of hotels' staff.

Note: We advise you to bring bottled water, comfortable clothing, repellent, sunscreen and food.

### **RATING**

👍👍👍 - GOOD / 👍👍 - AVERAGE / 👍 - BASIC







## PROTECTED COMMUNITY MARINE AREA OF THE ISLANDS OF FORMOSA, NAGO AND TCHEDIÃ (UROK)

This group of islands has an area of 94,200 hectares, counts about 2572 inhabitants spread over 33 *tabancas* and hosts a huge natural heritage, with beautiful landscapes and interesting cultural Bijagós traditions. Here we find, as in most of the Archipelago, extensive mangroves, palms, trees and shallow waters that make this area extremely rich in shellfish and of enormous importance in terms of fish stocks.

Women work mainly in the harvesting of Combé and razor clams, widely used in women's traditional ceremonies while men turn to fish catch with artisanal means on a subsistence basis regime entailed by their own ceremonies.

The Bijagós traditions are deep-rooted in these three islands and the animist ceremonies are very common. In the performer dance the Bijagós use masks, mimicking the animals most beloved as the cow's head, bull, sawfish, and hammerhead shark among others. Here the main activity of the population is the agriculture (rice "m'pampam") and livestock. Their way of life, the small yet heavenly beaches and all other sites of outstanding natural beauty invite us to a visit to these islands.

PROJECT SUPPORTED BY THE EUROPEAN UNION

**BEMBA DI VIDA! CIVIC ACTION FOR REDEMPTION AND RECOVERY OF A  
WORLD HERITAGE SITE**

Project promoting the conservation of natural resources, economic and social development of Urok Islands, funded by the EU with around 600,000 Euros. This action carried out by the “Instituto Marquês Valle Flor” and by the Guinean NGO “Tiniguena” aims to contribute to the enhancement of biodiversity products, to further appropriation by local communities of the conservation and sustainable development process and, at the same time, conveying and attract sustainable investments for these islands. [www.tiniguena.org](http://www.tiniguena.org).

## **HOW TO GET HERE**

There is a possibility to catch a motorized canoe from Bissau (ill-advised) or use private boats (subjected to price agreement).



# CIRCUIT TO THE ARCHIPELAGO OF BIJAGÓS

You can make a circuit by the Bijagós Archipelago in the cruiser “AFRICA PRINCESS”, a pleasure boat for up to eight passengers (2 double cabins and couple cabins) allows you to visit the wildest islands of the Archipelago and adapt the tour to the tourists’ desires. Contacts – Tel.: (+245) 969 283 386 | 955 178 356 (+351) 91 722 4936 | (+221) 77 645 7529 | E-mail: [africa.princess.bijagos@gmail.com](mailto:africa.princess.bijagos@gmail.com) | [www.africa-princess.com](http://www.africa-princess.com)





# SURVIVAL GUIDE

## WHEN TO TRAVEL

The best time of the year to travel to Guinea-Bissau is between the months of November and April; the dry season allows moving more easily across the country. Within those months, the coolest are December and January and the most moistly and warm are March, April and May. The rainy season occurs between May and October and some hotels in the Bijagós Archipelago are closed for vacation during this period. The tides and storms during rainy season do not invite to great sea crossings and on the mainland many roads are impassable due to the heavy rainfall that is felt.

## VISAS AND PASSPORTS

A visa is required and must be requested at the Embassy or Consulate of Guinea-Bissau closer to the point of origin. This requires filling out a form and submit a photo. The document has to grant permission for at least six months.

## WHAT TO TAKE IN THE SUITECASE

It is essential to take mosquito repellent, light clothes, comfortable shoes, flashlight, and sunscreen if you go to the islands, beach or fishing, sunglasses and Camper tent with mosquito-net. In the months of rain a waterproof vest is indispensable. As the health system is extremely deficient it is strongly advisable that follow a first aid kit that includes antibiotics, anti-diarrhoea, anti-histamine, paracetamol, Betadine (topical antiseptics), bandage and dressings, as well as your usual medicines. Moreover, we advise you to take disinfectant tablets of water to prevent situations where there is no access to potable water.

## HEALTH CARE

You should make a traveller's appointment before the departure. The doctors shall prescribe, according to circumstances, the appropriate vaccination. However, we do recommend Yellow Fever, Hepatitis A, B, C, Tetanus, Typhoid vaccines and especially the prophylaxis of Malaria infection. Malaria is a parasitic disease (caused by the bite of the female *Anopheles* mosquito) which causes great fever accompanied by chills, severe headaches and digestive disorders. In the worst case scenario may lead to death (cerebral malaria) if not properly treated. To prevent bites you should use mosquito nets that may be or not impregnated with insecticides, clothes that protect arms and legs, the usage of repellent, especially at dawn and dusk. In Guinea-Bissau should only consume bottled water (avoid disinfected water bags that are sold in the street) and never drink water from public taps or fountains. If there are no alternatives available, before drinking, one should disinfect them with two drops of bleach per litre of water.

## HOSPITALS

It is advisable to purchase a health insurance before traveling to Guinea-Bissau that includes evacuation in the event of illness or accident. In any of the hospitals responsiveness is very limited due to lack of diagnostic facilities, medical experts and even for lack of electricity or medical and hospital supplies.

### HOSPITAL NACIONAL SIMÃO MENDES

Rua Pansau na Isna. Reference hospital although lacking resources.

### MAIN MILITARY HOSPITAL "AMIZADE SINO-GUINÉ-BISSAU"

Road connecting Bissau to the airport. Hospital with several specialties.

### HOSPITAL DE CUMURA

Cumura.

### HOSPITAL DE BÔR

Estrada de Bôr. Specialty: pediatrics. Tel.: (+245) 966 761 059

### CLÍNICA ARTEMÍSIA

Between the airport and Safim. Several specialties. Tel.: (+245) 966 538 322 Tel.: (+245) 955 995 224

### MEDICAL CENTRE "CASA EMANUEL"

Dentist. Afia - Bissau.

### HOSPITAL RAOUL FOLLEREAU

Road connecting Bissau to the airport in front of the Great Mosque. Specialty: Tuberculosis. Tel.: (+245) 966 368 201

### CLÍNICA MADRUGADA, CATHOLIC MISSION

Bairro da Antula. Several specialties. Tel.: (+245) 955 391 667

### CLÍNICA ALVALADE

Tel.: (+245) 955 204 270 Tel.: (+245) 966 813 585

## PHARMACIES

Here we only indicate pharmacies that sell imported drugs from Europe, although it is possible to find many other pharmacies with products from diverse background.

**PHARMACY SALVADOR**  
Avenida Francisco Mendes

**PHARMACY MOÇAMBIQUE**  
Rua de Cabo Verde

**PHARMACY RAMA**  
Rua Eduardo Mondlane

**PHARMACY PORTUGAL**  
Near Malaika Hotel

**PHARMACY MODERNA**  
Bissau Velho

**PHARMACY MAIMUNA**  
Near Hospital Nacional Simão Mendes

## PERSONAL SAFETY

The city of Bissau is a relatively safe city, still one has to actively deter criminals by preventing any sort of assaults with the common basic rules of safety. We do discourage the strolls by dusk and dawn since the shortage or absence of street lighting may incite groups of youngsters to perpetrate their criminal activities. It is also unwise to walk with valuables and sporting cameras or mobile phones in the street, particularly in Bandim market. In Bissau the police is very active during the day, still the large majority are traffic patrol officers. Nevertheless, there are several police stations in the city, clearly marked. In the rest of the country is quite rare the observances of criminality, people are rather hospitable and solicitous when they pass by tourists. Traveling outside Bissau should occur by daylight for the reason that roads and villages have no electricity and any sort of assistance can be truly difficult.

## PERSONAL IDENTIFICATION

The passport and all values should be stored in the hotel safe box and you should carry only an passport copy.

## TIME ZONE

Time GMT Time: +00:00. In Guinea-Bissau the daylight saving time is not observed, therefore, the Greenwich Mean Time is all year round. Thus, the adopted civil standard time in Guinea-Bissau coincides with London's and Lisbon's hour in the winter and by the end of March these two European capitals set their clocks one hour ahead.

## ELECTRICITY AND WATER

The electric current in this country is 220 volts. Electricity supply essentially exists in the capital even though the supply is irregular. The rest of the country has no public electricity, still using the generators even though it start to generalize the use of solar energy.

## LOCAL CURRENCY

The currency of Guinea-Bissau is the CFA. It has a stable exchange rate 1 Euro = 655.957 CFA Francs. The coins are 25, 50, 100, 200, 250 and 500 f and the bills are 500, 1000, 2000, 5000 and 10000 f.

## BANKS

The existing banks in Bissau are very few as well as ATMs. It is unusual to use credit or debit cards, and it is virtually impossible to pay by ATM in shops and restaurants. Our recommendation is to bring pocket money to exchange locally. In the rest of the country the bank branches are effectively non-existent, there neither aren't cash machines nor any sort of card payments equipment, so be alert when traveling with pocket money.

### **BANCO DA ÁFRICA OCIDENTAL**

Rua Guerra Mendes, N° 18 A, C.P.  
1360 – Bissau  
Tel.: (+245) 955 804 2 92  
E-mail: bao@baogb.com

### **BANCO DA UNIÃO**

Av. Domingos Ramos N° 33 -  
Bissau, Email: info@bdu-sa.com

### **ORA-BANK**

Rua Justino Lopes, 70/70-A,  
Apartado 391-1300 Bissau

### **ECOBANK**

Avenida Amílcar Cabral, P.O. box:  
B.P., 126, Bissau  
E-mail: ecobankgw@ecobank.com



## COMMUNICATIONS: MOBILE NETWORKS AND INTERNET

In telecommunications, the international country code of Guinea-Bissau is (+245). In the country, in this day and age, there is no fixed telephone network only mobile network. There are two mobile phone operators that cover much of the territory - Orange and MTN - also providing internet network, having recently initiated 3G coverage in small parts of the country and even 4G in Bissau. The Internet, despite all the progress, remains slow and subject to some failures. In the Square of National Heroes and in the Titi-na Sila Garden you can access a free Wi-Fi network. There are several cybercafés in Bissau and in the urban centres of the country.

## INFORMATION ON TRAVEL: INTERNATIONAL AIR COMPANIES

Guinea-Bissau has no national airline and only international airlines fly from Bissau to the rest of the world and vice-versa.

### EUROATLANTIC AIRWAYS

The only direct connection to Europe, making two flights/week from Lisbon. [www.flyeuroatlantic.pt](http://www.flyeuroatlantic.pt)  
Lisboa, Av. João XXI, Loja 11D. Tel. (+351) 218437040,  
E-mail: [reservationslis@euroatlantic.pt](mailto:reservationslis@euroatlantic.pt)  
Bissau: Edifício dos transportes. Rua Vitorino Costa,  
Postal Box 777,  
Tel.: (+245) 955361081 | (+245) 955805005  
E-mail: [reservationsoxb@euroatlantic.pt](mailto:reservationsoxb@euroatlantic.pt)

### ROYAL AIR MAROC

Several flights/week from Casablanca  
[www.royalairmaroc.com](http://www.royalairmaroc.com)  
E-mail: [callcenter@royalairmaroc.com](mailto:callcenter@royalairmaroc.com)

### ASKY

Connects Bissau to many African capitals  
Av. Domingo Ramos Ns19A / 21B, Bissau  
E-mail: [oxbkpcto@flyasky.com](mailto:oxbkpcto@flyasky.com)

### TACV

Connects Bissau to the City of Praia, Cape Verde, twice a week.  
TACV - Avenida Amílcar Cabral, Praia, Cabo Verde,  
Tel.: (+238) 260 82 00 | [www.flytacv.com](http://www.flytacv.com)

### SENEGAL AIRLINES

Hotel Malaika, Avenida Vieira CP 501, Bissau Tel.:  
(+245) 955 982 222  
[www.senegalairlines.aero](http://www.senegalairlines.aero)

### ARC EN CIEL

Air Taxi Company from Dakar.  
International Airport, Léopold Sédar Senghor,  
BP29212, 14524 Dakar-Yoff, Senegal,  
Tel.: (+221) 338 20 24 67  
[www.arcenciel-aviation.com](http://www.arcenciel-aviation.com)

## TRAVEL AGENCIES

### **SATGURU**

Av. Domingos Ramos | Tel.: (+245) 955 804 857  
E-mail: salesoxb@satguruun.com

### **AGÊNCIA SAGRES**

Av. Amílcar Cabral nº8/A.CP 329 Bissau  
Tel.: (+245) 955 804 092 | (+245) 966 615 150

### **GUINÉ TOURS**

Rua Mariem n'Guabi Nº 8c/CP – 170  
Tel.: (+245) 966 672 783  
E-mail: guinetoursbissau@hotmail.com

### **AUTO PORT BISSAU**

Tel.: (+245) 592 09 92 | (+245) 924 11 11  
E-mail: autoportbissau@hotmail.com |  
autoportbissau@gmail.com

### **ROUMIEH TRAVEL**

Mr. Mohamed Surur  
Tel.: (+245) 955 518 888 | (+245) 966 777 333

### **AGÊNCIA KATE**

Near Jordani Hotel , Tel.: (+245) 955 330 537

### **VIFER**

Tel.: (+245) 966 623 222 | Tel.: (+245) 955 953 848

### **OSSEH'MENE TOURS & SOUVENIRS**

Tel.: (+245) 955 359 818 | (+245) 969 271 705

## TRANSPORT

**TOCA-TOCA** - is the most economical method of travel in Bissau and surrounding areas. This vehicle is a minivan with capacity for 20 passengers (now and then exceeds its seats capacity) that stops whenever people ask to leave or enter with no predetermined bus stops. The fixed official fare is 100 CFA Francs for each journey.

**TAXI** - from the airport to Bissau, you can find blue and white taxis which readily offer to make transport to the city, even when it comes to night flights. The fare is not a fixed one, nevertheless, they will cost from 3000 CFA Francs (during the day) up to 5000 Francs CFA (evening) with luggage included to make the journey to Bissau's city centre. When travelling in Bissau, as there are no taximeters, one should negotiate the price before the trip. We draw attention to the fact that in Bissau taxis are collective, i.e., they do stop to pick up and drop other passengers in a shared ride. It is commonplace that these vehicles are old and worn-out. Within the city, you may be pleased to know that the route fare won't go far beyond 250 CFA francs and 1,000 francs CFA. Alternatively, for those without their own transportation during the stay, you may want to negotiate with a taxi driver the price per day to all the itineraries you might want to visit or have a fixed contact to make nocturnal journeys.

**BUS** - to move from Bissau to other cities or regions, one can opt for public transportation service that picks up at the Ledger Plaza Hotel Bissau, on the road linking the airport to the city of Bissau. These buses call at various towns until they reach their final destination, prices will vary according to distance, however very affordable.

**“SETE PLACE”** - is a type of vehicle which allows you to travel to other cities or regions in the country and, as the name implies, is a car of seven seats that usually only leaves when full. It is a very good choice to visit Ziguinchor and Dakar.

**“CANDONGA”**: this truck, with a capacity for 20 people, makes inter-regional trips. In these vehicles, normally not very safe, are carried a bit of everything: people, fruit, home equipment, furniture, cows, goats, etc.

**CAR RENTAL** is a rather a good choice, yet we do suggest you to hire the vehicle as well as a driver. Again, the lacking signposts across the country, the difficulty in obtaining directions with the local populations is an unavoidable fact. Only in Bissau and on the road to Farim one can ensure the existence of clear indications. Attention must be paid on the roads of Guinea-Bissau which, unexpectedly and hazardously, are crossed by goats, chickens, cows or pigs that eventually cause accidents. All information on travel agencies are described in this guide. There are GPS road files of Guinea-Bissau.

## SHIPPING

To visit the Bijagós Islands you have to use one of the two **ferryboats** that normally leave Bissau to Bubaque and Bolama on Friday and return on Sunday. The hours of departure and arrival depends on the tides and therefore we advise a quick visit to the port, on the day before departure to check the scheduled services. In these boats there are two types of tickets - the normal and the VIP. We recommend the latter one thus the price difference is quite undetectable and one embarks on a journey that eventually takes longer than anticipated with a substantial comfort. Alternatively, in our point of view, although it is for adventurous risk-takers, despite the danger that represents, there are also oar and motorized canoes transiting to these and other islands, with all sorts of schedules. Last but not least, there are small private boats in the harbour that can be rented, price to be agreed, yet perfect for large groups. These vessels are equipped with radio control and life jackets for all passengers.

## ESSENTIAL VOCABULARY IN CREOLE

Although the official language in Guinea-Bissau is Portuguese, it will be quite ordinary to hear your interlocutor speak Guinean Creole due to not mastering the Portuguese. We leave here some of the best known expressions used in a Guinean trivial daily life. To deepen the knowledge of the language, we suggest consulting the Guinean Dictionary - Portuguese by the Italian Missionary Luigi Scantamburlo.

### HELLO, EVERYTHING OK?

Kuma cu sta?

### HOW ARE YOU?

Kuma ke bu sta?

### I'M FINE.

Ami sta dritu.

### HOW IS YOUR HEALTH?

Kuma di kurpu?

### ALL IS GOING ALRIGHT.

Alin'li

### WHAT IS YOUR NAME?

Kuma que bu nome?

### WHERE DO YOU COME FROM?

Di nunde cu bim?

### WHERE IS THE HOSPITAL?

Nunde ki hospital?

### I NEED HELP.

Nmiste pa bu djudan.

### WHERE IS THE HOTEL?

Nunde ki hotel?

### WHERE IS THE CAB STATION?

Nunde cum pude otcha taxi?

### WHAT IS THE CAB FARE?

Taxi i cantu?

### TAKE ME TO THE HOTEL.

Lebam pa hotel.

### WHERE IS THE POLICE STATION?

Nunde ki policia?

### HOW MUCH DO I HAVE TO PAY?

Canto cun ten cu paga?

### WHAT TIME IS IT?

Difabur contan hora.

### DO YOU WANT TO DANCE?

Bu misti badja?

### LET US LEAVE.

No na bai

### NO PROBLEM.

Ka tem problema



## DIPLOMATIC REPRESENTATIONS IN GUINEA-BISSAU

### SPANISH EMBASSY

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## SOCIAL COMMUNICATION

**Radio** broadcasting is the par excellence in Guinea-Bissau the best channel of general communication, therefore the prime vehicle of information. Just about everywhere one can see people carrying battery charged radio receiver to listen to the news and chitchatting on the prattles of the country's daily news. First, and foremost, all Guinean authorities reach the nation's people by radioing, first-hand all important announcements, other institutions divulged public figures fatalities, social and cultural events, healers and their remedies, the lost and the found items, etc. The best known are the Radiodifusão Nacional of Guinea-Bissau, Radio Galaxy Pidjiguiti, Radio Bombolom, Radio Jovem or Radio Sol Mansi. In addition to these radios, there are dozens of community radio stations across the country, often the unique link between Guinea-Bissau and the world.

In terms of **printed media** one may find publications being sold, literally, on the streets, in Bissau's cafes newsagents, namely in the "Nô Pintcha", the "Gazeta de Notícias", "O Democrata", "O Diário de Bissau", "Os Donos da Bola", or the "Última hora" newspaper.

## GLOSSARY

### ARROZ DE M'PAMPAM

Upland rice.

### BOLANHA

Creole word of Guinea-Bissau to vast marshy and fertile land, often used for rice cultivation

### BOLANHAS DE LALA

Fresh water rice production.

### BOMBOLOM

Large drum, constructed from a trunk of about one meter and a half dug in the longitudinal direction in order to stay only with a slit opening, which is struck by drum sticks. The sound transmits signals that are interpreted as messages, especially for noticing someone's obit. They are heard over long distances.

### COMBÉ

Salt water cockle.

### CHORO

Funeral ritual. Ceremony that joins all family members and friends of the deceased. For a week they eat and drink as a moment of joy for the departure of the spirit that has been freed from the body. Often the sound of the Bombolom causes true moments of trance.

### TOCA-CHORO

The deceased spirit is evoked in a ceremony which is held a year or more after death. Family and friends bring food and animals are to be killed as a sign of loyalty towards the defunct. This conviviality may last several days of celebration and communion.

### FANADO

Initiation ritual that prepares young men and women for adulthood, to social responsibility, to the knowledge of their ancestors and enabling them to continue the people's own culture. It is in this festivities that circumcision or excision take place, nevertheless things are bound to change thus the latter is criminalized since 2011 in Guinea-Bissau.

### GUMBÉ

Urban musical style typically Guinean/African which entails a melody accompanying the poems of the troubadours, born from the fusion of Creole music with native music. The Gumbé emerged at the beginning of the Second World War.

### IRÃ

Common term to indicate various symbols and mythical beings of African traditional beliefs, other than a supreme being.

### MANCARRA

Peanuts.

### TABANCA

Village.

# Postscript

The country is in the prospect of a golden era for the tourism sector in the near future, although the success is only possible with real and responsible investments at all levels.

For those wishing to visit Guinea-Bissau and discover its wonders, it is essential to have reliable information on the real situation of the tourism sector of the country.

The “Afectos com Letras” surprised us in a very pleasant way, assuming this project which results in the production of a tour guide of Guinea-Bissau. The goal is helping Guineans to “sell” as a tourism products our greatest wealth: the history and the ethnic and cultural diversity of our people.

Indeed, the Ministry of Tourism and Handicraft, on behalf of the Government of Guinea-Bissau, thanked the NGO “Afectos com Letras” (deeply in love with this nation of 36,125 square kilometres, comprising a multi-ethnic population of over 1.5 million inhabitants, situated on the Western Coast of Africa) which aims to develop concrete projects to help the poorest populations and contribute to the growth of our Gross Domestic Product.

As Minister of Tourism and Handicraft, I would like to take the opportunity to thank the European Union, namely the Bissau delegation, which was responsible for fully financing this project, and always stood by Guinea-Bissau as a crucial partner of state and non-state stakeholders, in day to day actions, in order to overcome obstacles of underdevelopment and promote the improvement of life conditions of their populations.

The Tourist Guide will not only serve as an information and guidance tool to those who are visiting the country but also for those who plan to do so and even those who want to virtually visit Guinea-Bissau.

This edition offers, among other things, tips on tourist regions with different interests such as:

- Bolama - Bijagós (City of Bolama, of more than 80 islands and islets beaches)
- Historic Town of Cacheu, Gabú region, Tombali, etc;
- Tips on cultural and ethnic diversity of the eight regions of the country, for the practice of cultural tourism and discoveries;
- Tips on faunal reserves, forests and fishery resources of the country for the hunting and fishing tourism;

Thus, this guide contains, as well, tips on active policy of national authorities to the maintenance of biodiversity, for promoting the right favourable conditions for ecologic tourism.

As such, our best advice, one should rely on Tourist Guide of Guinea-Bissau. It's a reference, a document for compulsory scrutiny, relish, divulge and share with other interested parties.

Bissau, 21<sup>st</sup> of October, 2015

**Malam Djaura**  
**Minister of Tourism and Handicraft of Guinea-Bissau**





## PROJECTS OF NGO “AFECTOS COM LETRAS” IN GUINEA-BISSAU

The Association “Afectos com Letras” was born from the desire to do a little more for others. As a Portuguese Non-governmental Organization for Development (NGO) founded in 2009 is primarily engaged in the design, promotion, implementation and support of programs, projects and activities in Portugal and, foremost, in developing countries in such areas as of education, public health and education. Since 2009 the intervention of this NGO is focused in Guinea-Bissau, where it has been expanding several projects on education, health and women’s empowerment.



### PROJECTS IN THE FIELD

**DJOLÓ SCHOOL, SÃO PAULO** - This school was co-financed by “Afectos com Letras” in 2010 and has 125 children from 3 to 7 years, 6 teachers and a cook whose salaries are paid by the NGO. The school is supervised and conducted by the Mission of the Sisters Adorers of the Blood of Christ. The “Afectos com Letras” has equipped the space, amongst other things with water well, solar panels, educational materials, a playground, and toys.



**KINDERGATEN “FÁ DI VARELA”, VARELA** - Inaugurated in March 2012, it was co-financed by “Afectos com Letras” and is attended by 80 children aged three to six years. The NGO ensures the payment of teachers and has equipped the space with furniture and toys and, occasionally, provides food support and educational materials.

**LIBRARY “AFECTOS COM LETRAS”, BISSAU** - established in August 2012, this public library has a documentary background of 12,000 books available to their readers. It sits in the University Amílcar Cabral campus and it is open from 8:00 to 17:00, Monday to Friday.



**LASSANA CASSAMÁ SCHOOL, QUELELÉ, BISSAU** - built by the NGO “Afectos com Letras” in April 2014, teaches 310 students from pre-school to the fourth grade. It works in the community school system, although, the infants tutors contribute in the 12 teacher salaries and to the children’s daily meals.



**PROGRAM “HEALTH FOR ALL”** of “Afectos com Letras” sent to hospitals and health centres all around Guinea-Bissau eight tons of medicine in late 2014, to be delivered free of charge to needy patients in the country.

**RICE PEELERS MACHINES OF BARAMBE AND BLE-QUISSE** - The NGO installed two rice peelers machines available to local communities to perform the task much quicker and thus saving several hours of manual peels workday that can be consecrated to other economic character of activities or pure relaxation, as well as getting a rice with greater nutritional value.





# ACKNOWLEDGMENTS

The Tourist Guide of the Guinea-Bissau could not have been written without the congregation of many in-house supporters, their faith and understanding, a great deal of willingness to cope with contingencies or without the demonstration of great friendship for those who welcomed us on the ground to show us a bit of the country and allow this work to see the light of day. Information sources in Guinea-Bissau are sometimes few and far between, the contacts to get to places of tourist interest are hard to get and to report all that is in offer, in the tourist point of view, requires a survey of some sense of responsibility aiming accurate, reliable information and added value for the tourists the tourist who for the first time travels to Guinea-Bissau.

Thus, we would like to thank Miguel Nunes, to Francelina and Xia for the readiness on every minute of our presence in Guinea-Bissau, to Mario Saiegh for making our lives easier on the ground at all levels, to Artur Silva for the tips and contacts which always led us to a successful result, to Johannes Mooij, to Samora Mané, to Júlio Ié and Valdir da Silva who in one way or another, are and have been part of the success of this expedition in the summer of 2015 that culminated in the book that is now being shared with all of you. Our gratitude also to our family and friends, thanks for all the understanding and support during this work of ours, which took us the entire holiday period, the whole time that should rightfully have been spent with you.

In an era where image worth a thousand words, we can't thank enough to those who made possible for us to share with you their photographs that attest to the invaluable beauty of Guinea-Bissau. Our gratitude to IBAP, to Jorge Horta, to Luísa Barreto Rocha, to Valentina Cirelli, to Madalena Santos, to Moura Frago and to Baldomero Coelho. We cannot fully express our acknowledgment to Hugo Charrão, our logo author and now the composition and image of this Tourist Guide.

Finally, a special word of appreciation to the European Union Delegation in Guinea-Bissau and the Ministry of Tourism and Handicrafts of Guinea-Bissau that from day one cherished this Tourist Guide and gave us all the support needed to make it happen.

Enjoy your trip!

The authors,  
Joana Benzinho e Marta Rosa

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## Personal Notes

This image shows a full page of blank handwriting practice paper. It features approximately 20 evenly spaced horizontal green lines across the entire page, providing a guide for letter height and placement. The background is plain white, and there are no margins, text, or other markings present.

## This image shows a single sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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