

AFRICA · OFF THE BEATEN PATH · HIKING · CULTURE · WILDLIFE



Guinea

Guinea is West Africa's water tower: the Fouta Djallon highlands feed the Senegal and Gambia rivers and offer village-to-village treks past waterfalls, while the Îles de Los sit a short boat ride from Conakry. In the forested south-east, chimpanzees crack nuts with stone tools at Bossou. Roads are rough and tourists few, so build in extra time.

 Before you go, read the UK government's travel advice for Guinea and entry requirements (visas, passport validity). Last updated by FCDO 12 August 2026.

 CAPITAL Conakry	 CURRENCY Guinean franc (GNF) £1 ≈ GNF 11,804	 LANGUAGE French, Pular Maninka, Susu	 BEST TIME Nov–Feb
 DAILY BUDGET £35–£170 ££ Moderate	 PLUGS Type C, F, K 220V · adapter needed	 FLIGHT FROM LONDON 9h 30m via Paris, Brussels or Casablanca ~£600–£1,000 return	 TIME ZONE UTC+0 standard time

Guinea divides neatly into four regions: the humid coast around Conakry, the cool sandstone plateaus of the Fouta Djallon, the savannah of Upper Guinea crossed by the young Niger, and the rainforested south-east around Nzérékoré and Mount Nimba. Most first trips concentrate on the coast and the Fouta: a few days in Conakry and on the Îles de Los, then the road inland via Kindia to Mamou, Dalaba, Pita and Labé for guided treks between Fula villages, waterfalls and canyons. Reaching Kankan and the forest region adds long, punishing days on the road but rewards with Malinké culture and chimpanzees.

This is travel for the patient and self-sufficient. Bush taxis are cramped, roads deteriorate badly in the rains, and there is little tourist infrastructure beyond simple guesthouses and campements in the Fouta, though Conakry has international hotels at international prices. In return, there are almost no other visitors, the welcome is generous, and the music — from griots with koras to the dance bands of Conakry — is superb. French is essential; English is rarely spoken. People are often surprised by how green the country is and how cool Fouta nights can be in December and January.

Top 5 highlights

- 1

ADVENTURE

Fouta Djallon highlands

The Fouta Djallon's sandstone plateaus are Guinea's trekking country. Local guides lead multi-day walks around Pita, Labé and Dalaba between Fula villages, canyons and waterfalls such as Kambadaga and Ditinn, sleeping in village huts.
- 2

BEACH

Îles de Los

A short boat ride from Conakry, the islands of Kassa and Roume offer sandy coves, fishing villages and forest walks — the easiest escape from the capital's heat and traffic.

3

WILDLIFE

Bossou chimpanzees and Mount Nimba

Near the Liberian border, Bossou's small chimpanzee community is famous for using stones as hammers and anvils to crack oil-palm nuts. Nearby rises Mount Nimba, a UNESCO-listed reserve of montane forest and grassland.

4

NATURE

Voile de la Mariée

Near Kindia, the 'Bride's Veil' waterfall drops down a sheer rock face; it's an easy detour on the road from Conakry to the Fouta Djallon, and most impressive towards the end of the rains.

5

NATURE

Dame de Mali

Near the town of Mali, in the far north of the Fouta, a rock face on Mount Loura resembles a woman's profile — the Dame de Mali — and the plateau edge offers sweeping views towards Senegal.

Biggest cities

LARGEST CITY

Conakry

≈ 3.4 million people

Strung along a narrow peninsula, the capital is hot, congested and hard work, but its markets, live music venues and boats to the Îles de Los make a couple of days worthwhile.

2ND LARGEST CITY

Kankan

≈ 410,000 people

Upper Guinea's main city and the historic heart of Malinké culture is a sprawling trading town on the Milo River, a tributary of the Niger,, known for Islamic scholarship and griot music.

3RD LARGEST CITY

Nzérékoré

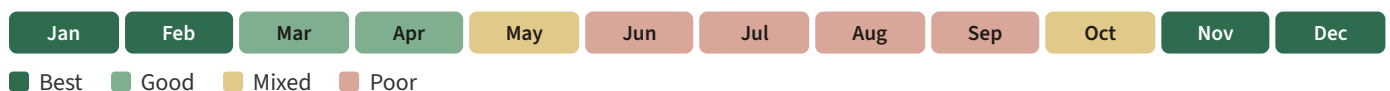
≈ 320,000 people

The forest region's hub has a huge market and is the base for visiting the chimpanzees at Bossou and the slopes of Mount Nimba near the borders with Liberia and Côte d'Ivoire.

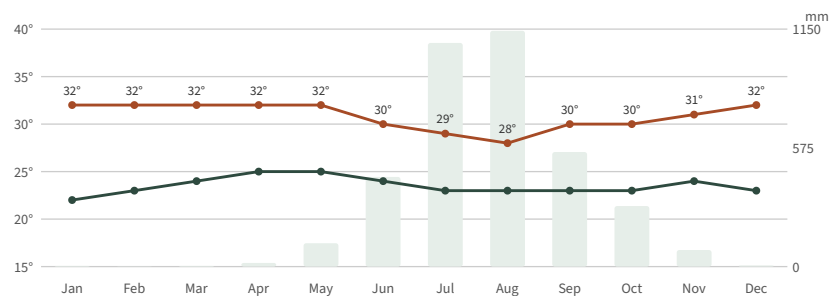
Ranked by urban-area population where available. Figures are rounded estimates, and sources define city limits differently, so rankings of similar-sized cities can vary.

When to go to Guinea

Best time: **Nov–Feb.**

**Average climate in Conakry**

— High °C — Low °C — Rain (mm)



Festivals & events

May	Tabaski (Eid al-Adha) The Feast of the Sacrifice is Guinea's biggest celebration: families slaughter sheep, dress in new clothes and visit relatives. Transport is packed beforehand; the date moves about 11 days earlier each year.
Oct	Independence Day On 2 October Guinea celebrates independence, won in 1958 after it became the only French African territory to vote 'no' in de Gaulle's referendum.

How much does Guinea cost?

SHOESTRING £35 per person / day ≈ GNF 413,143 hostels, street food, buses	MID-RANGE £80 per person / day ≈ GNF 944,327 3-star hotels, restaurants, some taxis	COMFORTABLE £170 per person / day ≈ GNF 2,006,694 4-star+, guided trips, private transfers
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Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

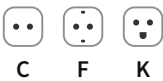
Riz gras Rice cooked in a rich tomato and onion sauce with meat or fish and vegetables — the dish for weddings, Eid feasts and Sunday lunches.	Sauce feuille Cassava or sweet-potato leaves pounded and stewed with palm oil, meat or smoked fish, ladled over rice; a staple of Conakry's street-side eateries.	Fonio A tiny, fast-cooking ancient grain grown widely in the Fouta Djallon, steamed like couscous and served with sauces or as a sweet porridge.
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Getting around

Shared bush taxis (sept-places estate cars and minibuses) leave from gares routières when full and connect all major towns; journeys are cramped and slow, and much worse in the rainy season. Many visitors hire a car with driver for the Fouta Djallon. In Conakry, shared taxis and motorbike taxis are the norm, though traffic is notorious. Domestic flights and passenger trains are scarce and unreliable.

Practical information

PLUGS & VOLTAGE



220V — bring a UK-to-C/F/K adapter

DIALLING CODE

+224

TAP WATER

Not safe — drink bottled or treated water

EMERGENCY NUMBERS

There are no emergency services in Guinea.
Clinique Pasteur: **+224 621 35 01 01** or **+224 664 26 98 53**
Clinique Ambroise Paré: **+224 631 40 10 40**

Source: FCDO “Getting help”

TIME ZONE

UTC+0 (standard time)

DRIVING

On the right

TIPPING

Not expected in local eateries; in Conakry's hotels and smarter restaurants 5–10% is appreciated. Tip trekking guides, porters and drivers at the end.

ETIQUETTE

Guinea is mostly Muslim: dress modestly, use your right hand for eating and giving, and take time over greetings. Ask before photographing people, and never photograph soldiers, bridges or official buildings.

MAIN AIRPORTS

Ahmed Sékou Touré International Airport (CKY), Conakry

Visas & entry for Guinea

Shown for a British passport.

Visa required — apply before you go

You must have a visa to visit Guinea for up to 90 days. Make sure you apply for the correct visa – British nationals have been refused entry with the wrong one.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations



See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Hepatitis A Tetanus Typhoid Yellow fever

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Chikungunya Dengue Hepatitis B Measles Meningococcal disease Rabies Tuberculosis

YELLOW FEVER CERTIFICATE

A yellow fever certificate is only required if you arrive from (or transit through) a country with yellow fever risk — not if you fly direct from the UK. There is a risk of yellow fever in parts of the country — vaccination may be advised.

MALARIA

High risk of malaria

- There is a high risk of malaria in Guinea: antimalarial tablets recommended.

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Guinea

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Fri 25 Dec 2026	Christmas Day
Fri 1 Jan 2027	New Year's Day
Sat 6 Mar 2027	Day after Night of Power (date may shift)

Tue 9 Mar 2027	Eid al-Fitr (date may shift)
Mon 29 Mar 2027	Easter Monday
Sat 1 May 2027	Labour Day
Sun 16 May 2027	Eid al-Adha (date may shift)
Mon 17 May 2027	Day after Eid al-Adha (date may shift)
Tue 25 May 2027	Africa Day
Sat 14 Aug 2027	Day after Prophet's Birthday (date may shift)
Sun 15 Aug 2027	Assumption Day
Sat 2 Oct 2027	Independence Day

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Useful phrases in French

ENGLISH	FRENCH	SAY IT
Hello	Bonjour	<i>bon-ZHOOR</i>
Thank you	Merci	<i>mair-SEE</i>
Please	S'il vous plaît	<i>seel voo PLAY</i>
Excuse me	Excusez-moi	<i>ex-kew-ZAY mwah</i>
How much is this?	C'est combien ?	<i>say kom-BYAN</i>

Know before you go

Check the FCDO travel advice before planning; emergency services are very limited, so take out travel insurance that covers medical evacuation.

Bring euros or US dollars in cash and change them in Conakry; ATMs are scarce upcountry and cards are accepted only in a few top hotels.

Arrange Fouta Djallon treks through a reputable guesthouse or guide in Labé, Pita or Dalaba, and agree route, price and what's included before setting off.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.