



Bissau: a fusion of colonial history and african culture

Bissau, the vibrant capital of Guinea-Bissau, is located on the Atlantic coast and represents a fascinating fusion of colonial history and contemporary African culture. It's the ideal starting point for exploring the historical memory and modern life of this African nation.

Monuments to independence

National Heroes' Square

Located in front of the Presidential Palace, this commemorative square pays tribute to the key figures of Guinea-Bissau's independence. It is an important site for various celebrations and national memorial events, functioning as a focal point that connects with the country's rich political history.



Presidential Palace

An imposing example of Portuguese colonial architecture, the Presidential Palace evokes European architectural influence. Although entry is not permitted, you can photograph it from the outside, capturing its historical significance and the symbols of power that surround it, reflecting Bissau's colonial past.



Amílcar Cabral Avenue: between the colonial and the modern

Amílcar Cabral Avenue is the main thoroughfare connecting Bissau's iconic landmarks. Colonial architecture blends harmoniously with modern buildings, creating a unique urban landscape.

It is the stage for Bissau-Guinean urban life: colonial architecture, the city's neurological centre... offering an authentic cultural experience.



The magic of Bissau Velho

1

Living History

Explore Bissau Velho, the oldest neighbourhood in the city, with cobbled streets that narrate the past and the transformation of Guinea-Bissau through the centuries.

2

Colonial Architecture

Admire the colonial buildings that stand as silent witnesses to the Portuguese era, preserving unique architectural details.

3

Vibrant Culture

Experience the fusion of tradition and modernity in every corner, where contemporary life flows between historical structures.



Amura fortress: symbol of independence

Built by the Portuguese in the 17th century, the Amura Fortress houses the mausoleum of Amílcar Cabral, a key figure in Guinea-Bissau's struggle for independence.

Historical Heritage

Explore its cannons and walls that tell centuries of colonial and revolutionary history.

Cabral Mausoleum

Visit the place where Cabral's mythical car and other personal belongings of the national hero are preserved.



Bandim market: commercial heart

The Central Market is the commercial and social heart of Bissau. Immerse yourself in the hustle and bustle and authenticity of daily life, where you'll find vibrant stalls with a wide variety of local produce.

Discover the local agricultural wealth with exotic fruits, admire the vibrant African designs in colourful textiles and find unique handicrafts that will serve as authentic souvenirs of your visit.



Gastronomic and cultural experience

Local gastronomy

Savour traditional Bissau-Guinean dishes at market food stalls and small local restaurants, where African and Portuguese flavours merge.

Handicraft market

Visit this specialist market where local artisans display their creations, from wood carvings to traditional jewellery and ceremonial masks.

Cultural exchange

The markets are daily cultural exchange points with the locals. Experience the authentic energy of Bissau through conversations and shared experiences.



Most popular restaurants

If you're in town, you can't miss the opportunity to eat at one of Bissau's four best restaurants. We invite you to discover their cuisine, atmosphere and unique flavours. Come and enjoy an unforgettable experience!

Restaurante Papa Loca

Highly rated, with generous portions, a terrace and vegetarian options. Card payments accepted.

O Bistró

Italian restaurant popular for its pizza and pasta. Relaxed atmosphere, good beers.

Na Tabua

Offers fresh seafood and grilled meats in a cosy setting.

Coqueiros bar

Establishment with Portuguese roots, warm atmosphere, good service and Portuguese and Guinean dishes.


Handicraft market

Located in the heart of Bissau, the handicraft market is much more than just a place to buy souvenirs: it's a window into the country's creative soul. Here, artisans transform wood, fabrics, beads and leather into true works of art.

Each object has a story: traditional hand-carved masks, fabrics dyed using ancestral techniques, jewellery with Mandinka and Balanta influences, and figures representing the fauna of the Bijagós Islands.

The atmosphere is warm and welcoming. The vendors greet you with a smile, proud to share their work and their culture. You can see them working live, personalise pieces or learn the symbolic meaning of each creation.

Ideal for taking away an authentic piece of Guinea-Bissau... and directly supporting local communities.

 Visit it, explore it calmly and let yourself be inspired by the beauty of what is handmade.

 Because every purchase has an impact.





Places of interest

- Amílcar Cabral Mausoleum
- Bissau Cathedral (Catedral de Nossa Senhora da Candelária)
- Pindjiguiti Pier
- Statue of Amílcar Cabral
- Bandim Market
- Heroes' Square
- Presidential Palace
- Amílcar Cabral Avenue
- Guinea-Bissau National Ethnographic Museum
- Fort of Amura

Restaurants

- **Restaurante Papa Loca:** Avenida Francisco Mendes, Sede Do Clube Benfica Bissau, Bissau 1000
- **O Bistró:** Rua Eduardo Mondlane, Bissau, Bissau 1000
- **Restaurante Na Tábua:** Av. Domingos Ramos (praça mártires de pindjiguiti, por trás da mão de timba), Bissau, Guinea-Bissau
- **Coqueiros Bar:** Avenida da Unidade Africana, Bissau, Guinea-Bissau