



Map not to scale



FREETOWN

Freetown, Sierra Leone's capital, beckons with its rich history, stunning beaches and vibrant culture. You can explore historic landmarks, relax on pristine beaches, experience the warmth of Sierra Leonean hospitality and indulge in delicious local cuisine.

Essentials

Currency: Sierra Leonean Leone

Languages: Krio



What to see

01

**Lumley Beach**

Relax and unwind on the golden sands of Lumley Beach, a popular coastal destination in Freetown. Enjoy swimming, sunbathing, and water sports, or simply stroll along the shore and soak up the serene ocean views.

02

**Sierra Leone National Museum**

Dive into Sierra Leone's rich heritage at the National Museum, housing artefacts and exhibits that showcase the country's diverse cultural history, from traditional crafts to colonial relics.

03

**Tacugama Chimpanzee Sanctuary**

Encounter endangered chimpanzees up close at Tacugama Sanctuary, where rescued primates are rehabilitated in a natural forest habitat. Learn about conservation efforts and witness these intelligent creatures in their sanctuary home.

04

**Bunce Island**

Delve into the dark history of the transatlantic slave trade with a visit to Bunce Island, a historic site located near Freetown. Explore the ruins of the former slave fortress and reflect on the profound legacy of this UNESCO World Heritage Site.



Fresh Produce at Sani Abacha Street Market

Shop for fresh fruits, vegetables, and spices at Sani Abacha Street Market in Freetown, where vendors offer a wide array of locally sourced produce, providing a taste of Sierra Leone's vibrant culinary offerings and bustling market culture.



Where & what to buy



Handcrafted Souvenirs at Big Market

Explore the stalls of Big Market in Freetown for a variety of handcrafted souvenirs, including wooden carvings, beaded jewelry, and traditional fabrics, offering unique mementos of your visit to Sierra Leone.



Krio Clothing at Cotton Tree Market

Discover traditional Krio clothing at Cotton Tree Market in Freetown, where tailors showcase colourful dresses, shirts, and head wraps made from vibrant African fabrics, allowing you to embrace Sierra Leonean style and culture with unique and fashionable attire.



Local Crafts at Lumley Market

Browse Lumley Market for a diverse selection of local crafts, such as woven baskets, batik fabrics, and handmade pottery, providing an opportunity to support local artisans and purchase authentic Sierra Leonean handicrafts.

01

Forest Safari

Embark on a safari adventure in Outamba-Kilimi National Park, home to diverse wildlife such as elephants, chimpanzees, and hippos. Explore lush forests, savannas, and wetlands, offering thrilling encounters with nature in Sierra Leone's largest protected area.



02

Surfing

Adventure

Catch some waves at Bureh Beach, one of Sierra Leone's premier surfing destinations. Experience the thrill of riding the waves amidst stunning coastal scenery, with consistent swells and sandy beaches providing an ideal setting for surfers of all levels to enjoy an exhilarating ocean adventure.

03

River Safari

Cruise the scenic waters of the Rokel River on a river safari adventure, spotting crocodiles, hippos, and a variety of bird species along the way. Navigate through mangrove forests and tranquil waterways, providing an immersive and unforgettable wildlife experience in Freetown's backyard.



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04

Zip-lining

Soar through the treetops on a zip-lining excursion at Tacugama Chimpanzee Sanctuary, offering panoramic views of lush rainforest landscapes and glimpses of rescued chimpanzees below. Experience the thrill of adventure while supporting conservation efforts to protect Sierra Leone's endangered primates.

05

Hiking

Challenge yourself with a hike to Leicester Peak, the highest point in Freetown. Trek through lush rainforest trails, ascending to breathtaking viewpoints overlooking the city and the shimmering waters of the Atlantic Ocean. Experience the beauty of Sierra Leone's natural landscapes while enjoying a rewarding outdoor adventure.



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Eat Right



Jollof Rice at Mama Saga's Kitchen

Savor the flavours of West Africa with a plate of spicy jollof rice at Mama Saga's Kitchen in Freetown.

This popular dish features seasoned rice cooked with tomatoes, peppers, and a variety of spices, offering a taste of Sierra Leonean cuisine.

Pepper Soup at Big Market



Warm up with a bowl of spicy pepper soup at Big Market in Freetown. This aromatic broth is simmered with a variety of meats or fish, along with peppers, onions, and traditional spices, creating a comforting and flavourful soup that's perfect for chilly days.

Cassava Leaf at Paddy's Restaurant



Indulge in a hearty serving of cassava leaf stew at Paddy's Restaurant, known for its authentic Sierra Leonean dishes in Freetown. This flavourful stew is made with tender cassava leaves, cooked with meat, fish, and spices for a deliciously satisfying meal.

Fish Akara at Lumley Beach



Try fish akara, a tasty snack popular at Lumley Beach in Freetown. Made from ground beans mixed with fish, onions, and spices, then deep-fried to perfection, these crispy fritters are a favourite among beachgoers for a quick and delicious bite.

Bitter Leaf Soup at Palm Beach Restaurant



Experience the bold flavours of bitter leaf soup at Palm Beach Restaurant in Freetown. Made with bitter leaves, assorted meats, and aromatic spices, this traditional Sierra Leonean dish is a culinary delight that's sure to tantalize your taste buds.