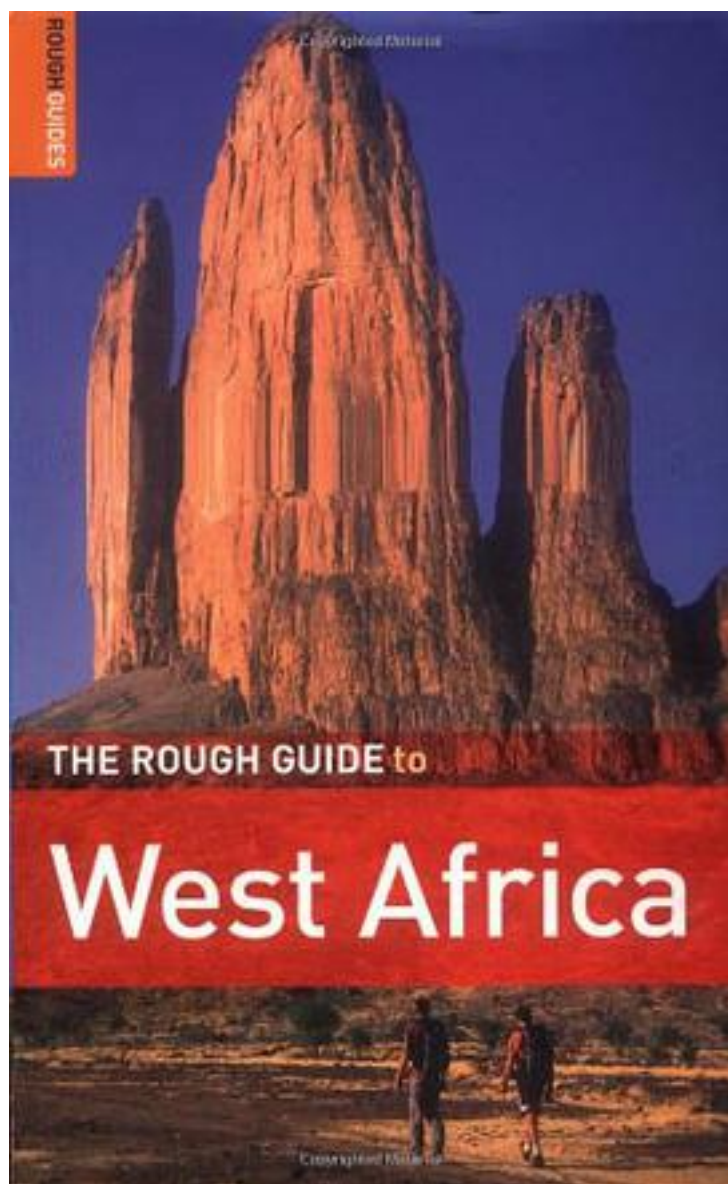


# The Rough Guide to West Africa



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The Rough Guide to West Africa is the most comprehensive and user-friendly guide to one of the world's hardest – and most rewarding – regions for travel, covering the 15 visitable countries from Mauritania to Cameroon in fifty percent more detail than its only competitor. Each chapter of the Rough Guide includes thoroughly researched hotel and restaurant listings, sections on everything from food and language to media and sport, and thoughtful background on the environment, culture, history, politics and music. The colour introduction highlights the region's attractions and touches on its great range of cultural and scenic impressions. Colour photo sections on Arts and Crafts and Fruit and Food Plants offer fascinating information and useful advice. More than 160 accessible and accurate maps guide you from the urban jungle to beaches and mountains. And an extensive index references every place mentioned in the guide. Visit the author blog at <http://theroughguidetowestafrica.blogspot.com> for news, links and updates. Make the most of your time with The Rough Guide to West Africa

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