Equatorial Guinea in 9 days: a day-by-day itinerary

Still rarely visited, Equatorial Guinea is split between the volcanic island of Bioko, home to Malabo, the capital until January 2026, and a forest-covered mainland region, Río Muni. In nine days, this itinerary explores Bioko, from the colonial town to the turtle nesting beaches of Ureca, then flies to Bata to explore the forest of Monte Alén. The whole country calls for increased vigilance: check the official travel advice before you leave and expect some paperwork.

Day by day

Days 1-2 · Malabo, an island city (night : Malabo)
You land in Malabo, in the north of Bioko island. The historic centre has kept its Spanish colonial houses with balconies, around Independence Square and the Santa Isabel Cathedral with its two neo-Gothic towers. Stroll through these quiet streets, then head to the seafront and its promenade, pleasant in the late afternoon. The next day, visit Malabo National Park, a large landscaped green space by the sea, and the market for its tropical fruit. Never photograph official buildings or soldiers, carry a copy of your passport and visa, and avoid walking alone on the seafront promenades at night.

Day 3 · Pico Basilé, the roof of the country (night : Malabo)
At around 3,000 metres, Pico Basilé is the country's highest point and towers over Malabo. A paved road climbs towards the summit, which is occupied by telecommunication masts. Access may be restricted: ask locally and go with a driver or guide who knows the permits required. As you climb, the rainforest gives way to mountain vegetation, and the national park is home to rare birds, including the Fernando Po speirops, a small songbird found only on the volcano's upper slopes. Leave early: clouds often cover the summit by late morning. On a clear day, you can see Mount Cameroon to the north-east. Bring warm clothes, as it is cool at altitude.

Days 4-5 · Southern Bioko and the Ureca beaches (night : Ureca or Luba)
Head south along the coast road to Luba, the island's second town, about an hour from Malabo, then make a detour up to the highlands of Moka, with its meadows and crater lakes, before reaching Ureca on the south coast: ask about the state of the road. This isolated village, one of the wettest places in Africa, is known for its black sand beaches where several species of sea turtle come ashore to nest, mainly from November to February. Sightings take place at night, with the conservation teams based there. The hamlet is very basic: bring a red-light head torch, rain gear and supplies. A permit may be required: check before you go.

Day 6 · Back to Malabo and flight to Bata (night : Bata)
Drive back north in the morning, never at night, and stop in Luba for its bay and small harbour. In Malabo, take a domestic flight to Bata, the main city on the mainland. The ferry crossing is not advised: there have been attacks on boats linking the island and the mainland, and flying remains the recommended option. Bata stretches along a long beach, lined with a modern promenade where locals gather in the evening. Stay in a central district and have dinner close to where you are staying. As in Malabo, avoid walking alone on the seafront at night and choose your taxis carefully.

Days 7-8 · The Monte Alén forest (night : Bata)

Monte Alén National Park, the country's largest, covers around 2,000 square kilometres of dense forest and hills in the centre of Río Muni. Allow several hours' drive from Bata on a largely paved road: leave at dawn and return before dark, or stay nearby if accommodation is open. With a guide, follow the trails in search of primates, birds and perhaps forest elephants, more often spotted by their tracks. The goliath frog, the largest in the world, lives in the park's rivers. On the second day, relax on the beaches south of Bata, always staying in busy places.

Day 9 · Back to Malabo and flight home (night : Flight home)

Take a domestic flight from Bata back to Malabo, where most international flights depart. Leave a comfortable margin between the domestic flight and your flight home: schedules can change at the last minute. If your ticket allows, plan a night in Malabo before departure instead. Before leaving the country, keep your documents to hand, as checks are frequent at the airport as well as on the roads. For souvenirs, local wooden crafts and fabrics can be found in the markets, but avoid any item made from protected species. A last stroll through Malabo's colonial centre is a fine way to end the trip, if time allows.

Getting around

The country has no reliable public transport network: the easiest option is to hire a car with a driver recommended by your accommodation. Avoid taking taxis alone, even by day, and do not drive at night. Roadblocks are frequent: always stop and keep your papers with you. Between Bioko and the mainland, fly rather than take the ferry, as official advice recommends. A permit may be required to take photographs or visit some sites: ask on arrival.

When to go

The driest season, from December to February, is the best time: more passable roads, the summit of Pico Basilé more often clear and sea turtles nesting on the Ureca beaches. The rest of the year, rainfall is heavy, especially in southern Bioko, one of the wettest regions in the world. The humid heat is constant, with cooler temperatures at altitude.

Practical information

Equatorial Guinea

Entry	Depends on your passport: visiterafriqueunie.com/en/visa/equatorial-guinea/
Yellow fever	Certificate required if arriving from a risk country
Malaria	throughout the country
Currency	Central African CFA franc (XAF)
Languages	Spanish, French, Portuguese
Plugs	type C, E · dialling code +240 · UTC+1
Emergencies	police 113 ou 666 30 30 30 ou 666 40 40 40 · ambulance 3101 · fire 115

Departure checklist

Documents

☐ Passport valid for at least six months after your return, with blank pages
☐ Visa or e-visa (printed if required)
☐ International vaccination certificate (yellow fever if required)
☐ Travel insurance certificate and assistance number
☐ Paper and digital copies of your passport and bookings
☐ Tickets, bookings and addresses saved offline
☐ International driving permit if you are hiring a vehicle

Health

☐ Travel consultation done and vaccinations up to date
☐ Malaria tablets if your doctor recommends them
☐ First-aid kit: plasters, antiseptic, anti-diarrhoea tablets, rehydration salts
☐ Mosquito repellent suitable for the tropics
☐ Sunscreen, hat and sunglasses
☐ Personal medication and prescriptions

Money and connectivity

☐ Bank told, Visa or Mastercard (and a backup card)
☐ Cash in euros or dollars, recent notes in good condition
☐ eSIM or local SIM card sorted
☐ Plug adapter for the country
☐ Power bank and cables
☐ Offline maps downloaded
☐ Afrique Unie app installed

In the bag

☐ Light clothes that cover up (sun, mosquitoes, places of worship)
☐ A fleece for evenings, dawn safaris and altitude
☐ Walking shoes and sandals
☐ Head torch
☐ Water bottle (ideally with a filter)
☐ Small daypack and waterproof pouches
☐ Luggage padlock

Before you close the door

☐ Your government's travel advice reread
☐ Trip registered with your consular service (if it offers this)
☐ Itinerary and contacts left with someone close
☐ Online check-in done and baggage allowance checked

Notebook made from visiterafriqueunie.com/en/itineraries/equatorial-guinea-in-9-days/ · information checked in November 2026 against official sources. Entry, health and safety rules change: check them again before you leave (your country's official advice, the embassy of the country you visit).