Liberia in 7 days: a day-by-day itinerary

Still barely touched by tourism, Liberia rewards travellers who take their time and rely on local contacts. This short, one-week itinerary sticks to the main roads: Monrovia and its unusual history, the forests and falls of Kpatawee in Bong County, then the Atlantic coast around Buchanan. It avoids the border areas with Sierra Leone and Côte d'Ivoire, where the French government advises against all but essential travel, which rules out Robertsport and Lake Piso, both close to the Sierra Leone border. Check official travel advice before you leave.

Day by day

Days 1-2 · Monrovia, between ocean and history (night : Monrovia)
The international airport is near Harbel, around fifty kilometres from Monrovia: allow about an hour by road, preferably in daylight. The next day, explore the capital with a trusted driver. Start with Providence Island, where the first African American settlers who founded the country landed in the nineteenth century, then visit the National Museum, which tells this unusual story. Next, head up to Mamba Point and Ducor Hill for views over the city and the ocean. Avoid West Point and the areas around the big markets, do not walk around at night, and keep valuables out of sight in the car.

Day 3 · Harbel's plantations and nearby beaches (night : Monrovia)
Spend the day exploring the area around the capital. Around Harbel stretch vast rubber plantations, among the largest in the world, which have shaped the country's economy since the 1920s; driving through endless rows of trees is a striking experience. Then head back towards the coast and the mouth of the Farmington River, near Marshall, where mangroves, lagoons and fishing villages make for a peaceful landscape. The beaches south of Monrovia are good for a break, but swimming is often dangerous because of the currents, so ask before going in. Return to Monrovia before nightfall.

Days 4-5 · Gbarnga and Kpatawee Falls (night : Gbarnga)
Leave early for the interior on the paved road via Kakata: Gbarnga, the capital of Bong County, is about three to four hours' drive from Monrovia. The landscape becomes hillier, with secondary forest, villages and plantations. On day 5, head to Kpatawee Falls, near Gbarnga, where the river tumbles over a series of rocks in the middle of the forest. The site is ideal for a careful swim in the pools and a walk in the surrounding woods. Ask about the state of the access track, which can be difficult, and ideally visit with a local guide.

Day 6 · Down to the coast and Buchanan (night : Buchanan)
Leave Gbarnga at sunrise to head back down towards the coast, back through Kakata and then along the coast road, to reach Buchanan, the capital of Grand Bassa County. Allow a long day, five to six hours on the road depending on its condition and your stops. Buchanan, a quiet port town, is known for its long beaches and fishing districts. In the late afternoon, walk along the sand to watch the canoes come in, then enjoy a dinner of grilled fish. As elsewhere, swimming is dangerous because of the currents, so stay close to the shore, and do not travel after dark.

Day 7 · Back to the airport and departure (night : Flight home)
Enjoy a last morning walk on the beach at Buchanan, then drive back to the international airport near Harbel, about two hours away. Leave plenty of time: road checks, traffic and the state of the road can lengthen the journey. If your flight leaves early in the morning, it is better to spend the last night near the airport or in Monrovia, driving back from Buchanan the day before. Before leaving, pick up a few souvenirs from the craft stalls: colourful fabrics, carved masks or basketwork.

Getting around

A car with a trusted driver is essential: the French government advises against public transport, motorbike taxis and tricycles because of the many accidents. Stick to the main paved roads and check with local contacts before every journey outside Monrovia. Never drive at night, because of the lack of lighting and sometimes illegal checkpoints. In the rainy season, some tracks become impassable, and a four-wheel-drive vehicle is then necessary.

When to go

The best time to go is from November to April, during the dry season, with the most stable conditions from December to March. The rains, among the heaviest in West Africa, fall mainly from May to October and can continue into November, with floods and roads cut off. In the dry season, the harmattan can sometimes haze the sky in December and January.

Practical information

Liberia

Entry	Depends on your passport: visiterafriqueunie.com/en/visa/liberia/
Yellow fever	Certificate required if arriving from a risk country
Malaria	throughout the country
Currency	Liberian dollar (LRD)
Languages	English
Plugs	type A, B · dialling code +231 · UTC0
Emergencies	police +231 770 800 911 ou 911 ou 355 · ambulance 911 ou 355 · fire 911 ou 355

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/liberia-in-7-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).