Serekunda
Banjul
Farafenni
Miles 0 30 60 90
Brikama
Gambia
Mansa Konko
Basse Santa Su
Velinbgara
Bignona
Goudomp
Kolda
Senegal
Sedhiou
Farim
Koundara
Ziguinchor
Ingore
Contuboel
Oio
Gabu
Cacheu
Bula
Bissora
Bafata
Cacheu
Bafata
Quinhamel
Guinea Bissau
Bissau
Buba
Bolama
Guinea
Catio
Boke

Mandyak, Manjaco in Guinea Bissau