

SNo	Region	Capital	Area (km²)	Population (2009 census)
1	Bafata	Bafata	5,981.1	210,007
2	Biombo	Quinhamel	838.8	97,120
3	Bissau	Bissau	77.5	387,909
4	Bolama	Bolama	2,624.4	34,563
5	Cacheu	Cacheu	5,174.9	192,508
6	Gabu	Gabu	9,150.0	215,530
7	Oio	Farim	5,403.4	224,644
8	Quinara	Buba	3,138.4	63,610
9	Tombali	Catio	3,376.5	94,939

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Original source : en.wikipedia.org/wiki/Regions_of_Guinea-Bissau