

SNo	Region	City	Population 1979	Population 2005
1	Bissau	Bissau	1,09,214	3,88,028
2	Bafatá	Bafatá	13,429	22,521
3	Gabú	Gabú	7,803	14,430
4	Oio	Bissorã	N/A	12,688
5	Bolama	Bolama	9,100	10,769
6	Cacheu	Cacheu	7,600	10,490
7	Bolama	Bubaque	8,400	9,941
8	Tombali	Catió	5,170	9,898
9	Oio	Mansôa	5,390	7,821
10	Quinara	Buba	N/A	7,779
11	Quinara	Quebo	N/A	7,072
12	Cacheu	Canchungo	4,965	6,853
13	Oio	Farim	4,468	6,792
14	Biombo	Quinhámel	N/A	3,128
15	Quinara	Fulacunda	N/A	1,327

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