

WELCOME TO CAMEROON

Cameroon by virtue of its geographical position in Africa, disposes considerable tourist potentials, which make her an African in miniature. Cameroon possesses impressive tourist resources, her relief climate, fauna or flora as well as people and traditions. There are over three hundred (300) tourist sites in Cameroon and its 258 ethnic groups offer equally as many traditions as cultural diversities.

GENERAL INFORMATION

Profile

Surface Area: 475 442km²

Official Languages: English and French

Currency: CFA Francs (CFA~US\$1)

Political Capital: Yaoundé

Flag: Green – Red – Yellow, with a Golden star on the red strip.

Motto: Peace – Work – Fatherland

Major Religion: Christianity and Islam

Internet domain: CA

International dialling code: +237

GEOGRAPHICAL LOCATION

Cameroon is situated at the end of the Gulf of Guinea. It stretches from lake Chad between the 2nd and 3rd northern parallels. It is bounded by the following countries: Nigeria to the North and Northwest, Chad to the North and North-East, Central African Republic to the East, the Republic of Congo to the South-East, Gabon and Equatorial Guinea to the South.

Cameroon is a hospitable and tolerant land where numerous classical religions co-exist with various religious sects as well as traditional beliefs; all these with neither clashes nor excesses. It is also a hospitable place where foreigners are welcomed.

Relief

It is composed principally of highlands which form the Cameroon's range; it is a chain of mountains orientated Southwest – North having massifs such as Mount Cameroon (4 100m), Mount Manengouba (2 050m), the Bamboutos (2 740m), and the Mandara mountains situated to the north of the Benue Basin and to the West of the Chadian plain. The low lands found at the Coast (coastal plains) and at the interior.

Climate

The climate of Cameroon is a conflicting diversity grouped under two (2) types:

- Tropical Climate, &
- Equatorial Climate.

The Tropical Climate is characterized by less abundant precipitations, which reduces considerably from South to North (1500mm to less than 650mm). On the contrary, temperatures increase as one moves towards the north ranging from 08.3°C – 39.8°C during the hottest months (January, February, and March) to 14.8°C – 31.6°C during the coldest months (July, August, and September).

The Equatorial Climate dominates the South Cameroon Plateau, the High Plateau of the West and the Coastal Plains. This climate is characterized by regular and abundant rains, high and constant temperatures (>26°C), low thermal amplitudes. Debunsha in the Southwest of Cameroon has the second

heaviest rainfall in the world with about 10 000mm of rainfall annually.

However, Cameroon is visited throughout the seasons; be it in the Dry Season (November to May), or the Rainy Season (June to October). Those who wish to obtain the tour can choose the dry season. During this time, the temperature is highest (and average of 29°C) while fresh air and greenery amateurs will prefer the rainy season (average temperature of 22°C).

Vegetation

The vegetation is subdivided into two large zones, and the passage from one to another is gradual. These zones are:

- The Dense Equatorial Forest &
- The Tropical Savannah.

The Dense Equatorial Forest strikes a traveler from the aero plane as he/she enters Douala. It is made up of several variants:

- In contact with the sea, is the Littoral mangrove composed of mangrove trees.
- The forest reserves enclosed ponds in the hinterlands.
- At the higher altitudes towards the grasslands of the west, the forest gradually disappear giving way to ferny and stunted plants as well as bamboos and raphia at the lower hydromorphic depths.
- The real humid equatorial forest, large and luxuriant, covers the vast Southern plateau of Cameroon. At low altitudes, it is rich with wanted variable species.
- The Tropical Savannah consists of the following variants:
- The Guinea savannah; the vegetation of the Adamawa plateau. It is a mixture of herbaceous species and trees. It is a region with large herds of Zebu and other species, which patrol the numerous pastures of the high plateau.
- The Sudan savannah; which cover the Benue depressions, the Diamare plain and the Mandara range is a woody country side having trees with thick barks, capable of shedding all it leaves in the dry season to protect itself against draughts and bush fires.

Soils

It is lateritic in the highlands and alluvial in the low lands. Dark volcanic soils surround the volcanic massifs. In the equatorial zones, they are deep and washed out. In the tropical zones, the one shallow and less washed lateritic plates crop out at certain areas.

Hydrography

Large portion of streams in Cameroon have as source the Adamawa Plateau, a region considered as being the main 'Water Tower' of the country. The other descendants from the Western and Eastern Plates of the South are in most cases interrupted by Waterfalls and Rapids. The hydrographic network is divided into four (4) basins namely:

- The Chad Basin
- The Niger Basin
- The Atlantic Basin &
- The Congo Basin

- The Congo Basin is by far the largest. It consists of 3 groups of rivers:
- The river of the Western part of the coast (Cross-river, River Ndiang, River Mungo, River Wouri and River Dibamba).
- Rivers of the meridian part of the coast (River Nyong, River Kianke, River Lobe and River Ntem).

Lakes

Cameroon is equally endowed with numerous lakes of varied shapes and sizes classified into 4 groups namely:

- Crater lakes: created by volcanic activities. The largest are: lakes Barombi, Baleng, Oku, Nyos, Wum, Awing, Tyson, Mbalong and two others in mount Manenguba.
- Tectonic plates: they are created in large depressions formed by tectonic movements occurring within the earth crust. Typical examples are the seven lakes of Ossa, lake Dissoni and lake Efagani
- Basin lake: lakes formed from basins such as lake Fiango, and lake Chad.
- Artificial lakes: there are large quantities of water collected by dams constructed for one reason or the other (hydroelectric energy, irrigation, water supply etc.). Examples are Bamendjim, Mbakwon, Lagdo, Mape and Songlonlon on the Sanaga.

Lastly, there exist lagoons formed by accumulation of sand found on the Wouri and Ndiang Basins and on the vast plains of the North washed by the Lagoon. Also, are the municipal lakes of Yaounde and Dschang that have been created to decorate the towns.

Population

The population of Cameroon is presently estimated at 15 million (15 000 000) inhabitants. Composed of mosaic ethnic groups, the population is separated into two groups occupying respectively the north and the south of the country.

The population of the North: It is constituted of three (3) groups, which are

- The Sudanese
- The Arab Choa &
- The Foulbe or the Peuls

The name 'Kirdi' is given to those inhabitants of the region who are still wild and reject Islamism. The Foulbes, indigenes of West Africa, brought in Islam and created empires whose reminiscence found today incarnated by organized and structured Lamidas. Their habitats vary from one place to another – for example, on Mt. Mandara, the inhabitants are regrouped in hamlets with thatched huts. Each hamlet is surrounded by a wall built of fixed large stones using earth, but on the contrary in the south, huts are built solely with dried mud and they are missile-like.

The population of the South: Two large groups are distinguished. Those of the Forest, and those of the Western High Plateau. The people of the forest are the Pygmies and the Bantus.

The pygmies are the first occupants of the forest zone and live in isolated camps. They live in symbiosis with the forest, which they understand and protect better than anyone else. This mastery of the natural environment permits some of them to become scholars in traditional pharmacopoeia. More and more intermixing with the Bantus occurred thus diluting even the homogeneity of the different groups. Pygmies are no longer the wild people today. They progressively adapt to the modern ways of life with the help of some public authorities and NGOs.

The people of the high plateau of the West have suffered a strong Sudanese influence, which brought them to an eventual cultural hybrid. They are made up of three (3) sub groups: the Bamileke, the Bamoun

and the Tikar.

The Bamileke are good craftsmen and good farmers who exploit the least available piece of land. Agriculture has worked out the landscapes, and the separation of different concessions is done by quickest hedges. Traditional habitat is built using local materials such as: sun baked soil bricks. Traditional architecture is exceptional in structure and solidity. The huts with comical roofs found in the Chief's palace are a good example of this.

PECULIAR TOURIST ASPECT OF CAMEROON

Cameroon overflows with enormous tourist riches, various natural geographic curiosities, historic vestiges living testimonies of what had existed in the country, a cultural heritage, traditional characteristics of every people that she represent, exhibitions and other folkloric events as varied as theses people of 258 ethnic groups and a lot of other attractions.

CULTURAL ASPECT

Cameroonian art and craft is exhibited through sculptures, the fabrication of copper or bronze masks, embroidering, painting, pottery, carving, basketry, etc. This art and craftwork vary with respect to the region in question.

Essentially based on traditional rhythms, Cameroonian music is heard during ceremonies such as marriages, funerals, birth etc. With the advent of western music, it became modernized. Despite all these, it still conserves its influence and values.

Cameroonian literature on the contrary, is pluralistic. It is developing bit by bit and tends to create its own international readership.

AGRICULTURAL ASPECTS

In the domain of agro tourism, the diversity of agriculture is found through plantations and agro industrial units. The Cameroon Development Corporation (C.D.C) is the largest agro industrial unit in Cameroon with impressive Banana, Tea, and Palm Oil Plantations. You could visit the Tea plantation in Buea, Djuititsa, Ndu; Banana plantation in Njombe, Delmonte in Tiko, Paw-Paw and Sugar cane plantations in Mungo and Mbaoundfock respectively as well as Rubber in Nyete. They are magnificent vast greeneries and exploitation of high revenue to the economy of the country.

Still in this domain, you will discover the beautiful Palm trees of SAFACAM or that of C.D.C below Mt. Cameroon. The Coffee trees of Santchou and the Cocoa trees of the Centre and South West provinces, striking in their sizes, their cherries, their shapes and in their alignment. The Bandjoure Rice fields and the Enterprise for Modernization and expansion of Rice culture in Yagoua are to be discovered.

You could equally appreciate the diversity in Cameroon agriculture in the Noun region. It is a good opportunity finger plants giving Irish potatoes, beans, maize, cabbage, pepper, green pepper, tomatoes, cassava, okra, onion etc. Peasant plantations on the slopes of the high plateaus of the volcanic range cultivated in curved layers, they are artistic works almost decorative to the landscape of the altitudes.

SEA SITE ASPECT

Open to the Atlantic Ocean, Cameroon offers to beach and sea amateurs a 400km coast. Colorful bays, natural beaches with gold colored sand in Limbe, mangroves, waterfalls and cascades emptying directly into the sea. That makes a very pleasing program for a tourist stay.

Also, within the country, the enormous lakes reflecting the colors of the sky one more spot for (sun bathing), water bathing and diverse distractions. Cameroon disposes more than 24 beaches in different town and provinces.

ECO-TOURISM

In order to better observe the diversity of an environment, plant and animal species constituting nature; Cameroon possesses specialized Natural parks, Forest and Fauna reserves, Botanic Gardens, and sanctuaries. In Mt Cameroon, there exist flora dating a quaternary; there are sites in Mayo Rey still bearing prints and fossils of dinosaurs.

SAFARI AND DISCOVERY

The exceptional geographical situation of Cameroon has gratified it with the richest fauna and flora in Africa. Amateurs of safari-photos can consider themselves lucky in the grand-north with its six National parks, a place of providence for animals living freely in their natural environment. A veritable piece of luck to visit, observe and film.

HIKING AND DISCOVERY

If on the contrary you opt for trekking, you will not be disappointed by immensity, the pure air of the South forests, the High provinces, the High Panoramic landscapes of the West and the outstretched and wonderful lands of the North. Excursions and picnics in the forest around the multiple falls, lakes, and camping, walks on bends in the scenery of the highlands tour across the cliffs with their luxurious vegetation covered with fog will be very profitable to you. Other places where you can wonder are the multiple lakes and falls all over the country.

MOUNTAIN AND CURE TOURISM

The Cameroon line describes the chain of mountains stretching from the Southwest coast to the Mandarra Mountains of the Far North. A true place for purification, retreat, camping, trekking and discoveries. The multiple mountains making up this chain are ideal for avoiding the pollution and noise of our towns.

TOURIST POTENTIALS OF VARIOUS REGIONS IN CAMEROON

ADMINISTRATIVE ORGANIZATION

Cameroon is a unitary and decentralized state. It is made up of circumscriptions and decentralized territorial grouping.

As for the circumscriptions, Cameroon has ten (10) provinces, which are further divided into divisions, sub-divisions and districts.

The tourist potentials of the region will be given following the 10 provinces.

**** NORTH WEST PROVINCE**

Capital – Bamenda with 9 hotels, 7 restaurants and 2 night clubs of international standard.

Climate

There are two seasons as in other zones of Cameroon:

- A dry season beginning from November and ending around May. The average temperature is about 20°C the air is dry and cold.

- A rainy season that begins in June and ends around October. In the day the average temperature is about 20°C and 15°C at night.

Relief

Bamenda is surrounded by several mountainous ranges and deep valleys. The valleys are generally covered by raphia and eucalyptus. Raphia is a basic raw material for the fabrication of art objects. It is also used in the production of raphia wine appreciated by visitors of the region.

Tourist Sites

Bamenda region:

- The Awing crater lake
- Presscraft center of Bamenda
- Handicraft center of Bamenda
- Rocky mountain chain of Sabga
- Many small water falls at up station
- The Bafut palace, the Bali palace
- The Bali press craft workshop
- The Mbantu shine
- Snake research center of Bali
- Cold hill at Bafut.
- The German cemetery in Bali
- Salt springs of Sabga

Ndop region:

- The Baba plain
- The Bamungo palace (one of the most beautiful Chief's palace), the cradle of all the traditions of the region
- Mount Wainamah, 2 500m from its peak, the Bamendjon Dam can be observed
- The Bamessing fish station
- The Bambalang palace

The Boyo region:

- The Laikom Palace, 79km from Bamenda
- The German palace 72km from Bamenda
- The Mbi crater cave and game reserve at Fundong, 78km from Bamenda
- Lake Kuk of Bafmen
- Ejim trust reserve of Bello, 45km from Bamenda

The Momo region:

- The Mbengwi monastery
- The Abbi waterfalls in Mbengwi
- The Falls of oshie
- The Oshie palace
- The Guzang Fon's palace

The Menchum Region

- The Menchum Falls at 65km from Bamenda
- The Kimbi Forest reserve with its fauna rich in several animal species (antelopes, chimpanzee, gorilla etc).
- Lake Nyos
- Lake Wum (the Silent Lake)

Kumbo region:

- The Nkar palace
- The Kumbo Cathedral constructed entirely with stones
- The Oku Honey and Handicraft reserve
- The Kumbo town, built on several hills, a site favourable for curative tourism and for mountain tourism
- Lake Oku

Nkambe region:

- Binka village situated on the hills about 3 000m high with several cattle ranches
- The Ndu tea plantation
- The artificial lake of Binshua
- King's rock of Nwa
- Kwe Athombo cave at Nkambe
- Iron Ore at Nwa
- Binkar landscape and cattle market.

**** SOUTH WEST PROVINCE**

The capital Buea is a port city, constructed on the slopes of Mt. Cameroon. It was the Capital of the country in 1909 under the German colonization. The population lives around and on the mountain slopes. Their culture is rich especially referred 'Fufu'. The 'Maleh Dance' is the most popular in the region as the men express their masculinity through it. Traditional articles such as woven caps, sweaters, chairs, cupboards and tables justify their attachment to the practice of art.

Tourist Sites

- Mt. Cameroon (4 100m) is an attractive volcano but easy to climb, hence the large scale organization of its ascension annually regrouping athletes from many nations of the world. Founded in the 6th century before Jesus Christ, the 'Chariot of the gods' is an ecological site of rare fauna flora. The last two volcanic eruptions of 1999 and 2000 did not succeed in dredging the well kept plantations in the dense forest the grass savannah and the prairies, which you will go through if you decide to cover the 4 100m climb. A peak of ash and solidified lava await you there.
- Palm oil, pepper, and tea plantations
- The munea market
- The Buea handicraft center
- The Virgin forest at the foot of Mt Cameroon
- Solidified lava from the 1999 volcanic eruption
- The residence of Von Puttkamer
- The Botanic Garden of mile 17.

Limbe Town

- Botanic Garden and the jungle village, constructed during the colonial era by the English. It is the second in Africa after that of Kanya.
- The Limbe Zoo. It is of re-creative aesthetic, scientific or cultural interest and regroups wild animal species, which constitute sufficient seduction to visitors. Amongst the mammals found there are: the mandrill (*Pan Troglodytes*). The reptile population is represented by African crocodiles and pythons.
- The Fishermen's Village
- The Islands of Bota, Mondoli, and Ndamé.
- The Mile six beach
- The Tomb Stones of foreign fallen legion officers
- The Lava flow of Bakinguili
- The Alfred Saker Monument.

LITTORAL PROVINCE.

Capital – Douala with 11 hotels and 12 nightclubs of international standards.

Climate

Douala is a zone of equatorial climate, warm and humid. It is characterized by two seasons namely:

- A dry season from December to May; favourable for tourism
- A rainy season from June to November.

Tourist Sites

Douala:

- The Island of Manoka
- The bridge on the river Wouri
- The main O.N.C.P.B Museum at the 'Hotel de Ville'.
- The Statue of New Liberty at the Deido round about

Mungo:

- The falls of Ekom, Nkam, amongst the best in the country.
- The caves of Mbokambo
- Mt. Nlonako, Kupe, and Manenguba, with rare birds species preserved by World Wide Fond for Nature (WWF)
- The fores of Bessoukang with rare fuel, monkey, as well as other animals such as porcupine, antelopes etc.
- The Mbo'o plain and its fauna rich in elephants.
- Banana plantations of Del Monté corporation
- Lake Njoungo, surrounded by paw-paw, pineapple and banana plantations.
- The Njombe flower plantations
- The Twin lake, its vast plateau and its large horse reserves

Edea:

- Fauna reserves in lake Ossa favourable for duck hunting and Sunday relaxations.
- The cave of Ngoglituba (a place for pilgrimage)
- The Edea and Songlonlon hydr-electric plants
- Thee Monanko beach and its fishermen's Village

- The Island of Swelaba

Yabassi:

- The Nkom Hea Rock
- The North Makombe fauna reserve
- The North Makombe falls

****CENTRE PROVINCE**

Capital – Yaounde with nineteen (19) hotels

Historical Brief

- City of seven hills cut by valleys and found almost at the centre of Cameroon
- Yaoundé was inhabited in the prehistoric times. Tools and shaped stones were found there.
- In 1909, Yaoundé became the capital of Cameroon.

Climate

It has a guinea type of climate characterized by four seasons: two rainy seasons and two dry seasons distributed as follows

- A rainy season from August to October
- A dry season from November to February
- A rainy season from March to April
- A dry season from May to July.

Tourist Site

Yaounde:

- National museum (former presidential palace), constructed by a French architect – Beze. It was reserved as French Governor's residence during colonization.
- The Djoungolo Tempel, entirely constructed with stones in 1937 by an American – William Caldeu Johnston
- The museum of the Benedictine monks of Mont Febe.
- The Mvog-Betsi Zoo with a surface area of 485 hectares. It is an excellent tourist site with species ranging from amphibians, rodents to a wide variety of birds e.g. the moustache guenon, putty nosed monkey. They are assisted by CWWAF.
- The reunification monument
- The palace and statue of Charles Atangana
- The municipal lake of Yaounde
- The holy Mary sanctuary of Mvolye

Mbal Mayo:

- The Grotto of Akok, which can contain more than 500 persons; an ideal place for pilgrimage
- The Catholic church in Akono; the very first church in black francophone Africa
- The Grotto of Okombe, a place of meditation for Catholic missionaries

Ayos:

- The hospital and house of Dr. Jamot: It is the place where Dr. Jamot settled in 1922 to fight against sleeping sickness

Mfon:

- The Mfon reserves, with its rich and varying fauna and flora, taken care of by the W.W.F and G.T.Z.
- Different churches in the Catholic mission of colonial construction.
- The Nda Ngakonbou rock: an impressive natural shelter which according to legends was used to be the homes of our ancestors from its summit, we can have a panoramic view of Mfon.

ADAMAWA PROVINCE

Capital – Ngoundere with four (4) hotels

Historical Brief

Ngoundere was founded around 1830 by the Foulbe conquerors on the Mboum village area called Delbe. Ngoundere is the headquarters of the great foulbe lamidat that bears its name. This lamidat was founded in 1835 by Ardo Ndjjobdi.

Population And Culture

The town is mostly occupied by the Foulbes, Muslims, and the Mboums. The urban area has kept the aspect of a large village. Their habitats are organized into family compounds enclosed by clay walls. The populations are breeders, farmers, merchants etc.

Relief

The town has a fresh and agreeable climate. It has the Sudanese type of tropical climate. There is abundant rainfall from April to October with maximum in August. The dry season has 5 months from December to March.

Tourist Sites

Ngoundere:

Ngoundere market, Lamidat, Tyson lake, Walewa ranch, Ngoundere ranch with its crater lakes, the Vina falls, the Tell Falls and the Mbaleng lake.

Tibati:

Dam and fishermen village, hosseve caves, th Ngoundal mountain, Mbella Assom lakes, butterfly reserves of san Balabo, lamidat of Banyo, Mayo Darle cliff, Somie lake, Mape dam and its fishermen village.

Tignere:

Caves of Nyem Nyem, Thermal spring of Woulbe, Lancremonm falls, rondini falls, the spring of Derem, the Kondini falls and the caves of Mboula.

EASTERN PROVINCE

Capital: Bertoua with 6 hotels of international standards.

Climate

Bertoua is situated as the Northeast of South Cameroon. It is hot and humid.

Tourist Sites

Bertoua region:

- The caves of Tchouan
- The pygmies camp in Mayos and Mbiang
- The forestry company of Dimako

Abong Mbang region:

- The caves of Ntimbe
- Pygmies grove in the regions of Lomie
- The four headed palm tree of Nka
- The Dja fauna reserve shelters elephants, chimpanzees, gorillas and buffaloes.
- The magnetic zone in the village of Ngoila
- Colonial buildings in messamena
- The pridi mountain with its 3 summits
- The rapids fo Ndong
- The Limboka Island
- The colonial Park of pangar
- The caves of Lolo
- The fauna reseve of Koumbangbilz.

THE FAR NORTH PROVINCE

Capital: Maroua with 7 hotels of international standards.

Climate

Maroua is characterized by a long dry season that lasts for seven months (from November to May) and a short rainy season (from June to September). From December to January, the temperature undergoes a certain drop due to the arrival of the cold and dry winds (Harmattan). Maroua presents an alternation of low plains and highlands.

Tourist Sites

Maroua:

- Craftsmen and blacksmith villages
- Local beer factories

Yagoua:

- The SEMRY with its many rice fields
- The Lagdo river at the Chad-Cameroon frontier

Kaele:

- Superposed stones of the Mt. Ourwa
- Huts at the Lara village inhabited by the Moundang people.
- The "DENTS OF MINDIFF" in which you can find calash makers and weavers.

Mokolo:

- Maka market from where the great plain of Nigeria could be seen, the high furnace where villages work on their iron
- Kapsiki village
- Rocky peakes, landscapes
- The old sorceress
- The handicraft center

Waza:

- The artificial lake of Maga formed from the Lagoon River in which is found a lot birds (ducks hunting is allowed).

Kousseri:

- Place of departure for the canoes to Kofia Islands where fishermen from different nationalities live. They are Chadians, Nigerians, and Cameroonians
- Longo Birni a crocodile Village
- Lake Chad

Mora:

- Tombs of the German colonial authorities found on Mt Mora.

THE NORTH PROVINCE

Capital – Garoua with three (3) hotels and restaurants of international standards.

Climate

Garoua has two (2) seasons of equal lengths in the year. The Dry season and the Rainy season. The most agreeable months runs from November to January and corresponds to the dry and cold season. The temperature varies from 21°C to 40°C.

Tourist Sites

Garoua:

- The Zoology Garden
- The River Benue with its hippopotamus nick named 'Africa'
- The handicraft centre with its traditional practitioners
- The Mosques

Lagdo:

The Lagdo Dam with large quantities of fishes frequently visited by birds. Duck hunting is allowed

A mountain range superimposed rocks at an altitude of 1 200m.

The fishermen's village inhabited by Cameroonians and Nigerians.

Guider:

- The Kola Gorges: a volcanic zone
- The famous Pitoa market, an important food supply, which is also, a meeting point for Central African, Chadians and Cameroonians.

WESTERN PROVINCE

Capital – Baffoussam

Baffoussam town is cut through the valleys, surrounded by hills covered with grass savannah. While the depth below is occupied by raphia palms.

The aim is constantly fresh and humid with moderate temperatures and rainfalls. It is characterised by a long dry season from October to May and a rainy season, which runs from July to September. The town has 8 hotels, 10 restaurants and cabarets and 2 nightclubs of international standards.

Tourist Sites

Baffoussam:

- The Batié Pass: it constitutes a terror for cyclists and a heaven for panoramic viewers.
- The traditional palaces of Baffoussam, Banjoun, Bandenkop, and Baleng with their great sacred huts.
- The crater lakes of Baleng, Banefo, and Doupe.
- The cave of Ndassi Nebany: to breathe in fresh air from the underwoods of Bangou.
- The Baffoussam Central market.
- The Metchine Falls.

Mbonda:

Mounts Bamboutos and its Bororo camps. The impressive chain of Mt Bamboutos is a dream place for horse riding. Let the wind blow your ears and hair while your beasts covers the upwards and downwards slopes.

- The falls of tsugning and Balatchi
- Mt Kossa
- The Bamenji Dam
- The Babadjon, Bamenjim and Batcham palaces
- The Grottes of Ndovou

Nde:

- The plain of Noun
- The Badounga plateau
- The falls of Nde
- The talking stones of Bazou
- The logzen rocks at Toungwi
- The Bangwa museum
- The 13 different chiefdoms of the Nde division.

Haut Nkam:

- The waterfalls of Mouanken, Bankodji
- The rapids of Bana
- The Mbadoveng plateau
- The palace of Bana, Bafang, and Banka

Dschang:

Dschang town is situated at the summit of a plateau, surrounded by hills covered with herbs and shrubs and by valleys with low lands occupied by palm trees.

The vegetation is composed mainly of eucalyptus trees.

It is one of the attractions of the province, the air is soft and fresh almost throughout the year. It has 4 hotels and a restaurant of international level.

Tourist Sites of Dschang

- The 'Centre Climatique'. It is a unique spot, good and refreshing found in Africa, south of the Sahara, constructed the Second World War. It has historic monuments of tourism stretching across 7 hectares containing several bungalow units.
- The University of Dschang
- The palaces of Foto, Bafou, Fango-Tonga
- The Santchou Cliff

- The Art Museum
- Market A marked by triptych traditional huts with thatched roofs giving it an original signet.
- The Djutitsa tea plantation
- The Handicraft center.

Foumban

Foumban has three (3) hotels of international standards.

Tourist Sites

Foumban is made up mostly of craftsmen; therefore the town remains a tourist site and offers several attractions to tourists.

- The palace of the sultan.
- The portraits of the king Nchare Yen (1394 – 1418) founder of the Foumban dynasty, Mbonmbout, Njoya Ibrahim and Njimoluh Seidou.
- The royal museum of the palace
- The Handicraft Village
- The museum of Art and Bamoun tradition
- The Twin lakes at Pet-Pon-Noun.
- The Thermal water source (steam source). A mystical place where the founders of the kingdom made conquest plans
- The Tikar plain favorable for eco-tourism
- The male preserve, it is a well-known eucalyptus and pine plantation. Highly recommended for walking trips (or rides)
- The large Mosque situated close to the colorful and noisy market
- The aquacultural center (cultivation of aquatic plants and animals).

SOUTH PROVINCE

Capital – Ebolowa. It is a cocoa producing town and cocoa brings 80% of the peasants' revenue. It has 2 hotels of international standards.

Tourist Sites

- The Ghost hole or 'Roi Libeken' situated to the east of the town.
- The Tchanque beach found 28km from the town
- The bridge of Elu'unikoe where bachelors in search of partners can easily find one.
- The Koumon lake and waterfalls
- The cave of Meymadjon.
- The Djonze rock
- The Ngues Spring.

Kribi Town

Kribi is a colonial town, which had its economic expansion when the Germans came to Cameroon. The country exported ivory and rubber through Kribi. Kribi is a water town. In the area, there is a water legend, which establishes a relationship between water and people. The 'Mami-water', also called Dfendou, is believed to be water divinities made up of fish body and the head of a woman or the mermaid.

Tourist Sites

Kribi is a very attractive bathing station on the shores of the Atlantic Ocean with 20 hotels, 6 restaurants, and 2 nightclubs of international standards.

Nice beaches with soft and golden sand close to coconut trees.

The Wolf rock. It is a rock with the looks of a wolf, which stretches out from the ocean to the continent. Nkolan, also called the 'Dark Mountain', is one of the highest mountains of the region. It is a place, which is always dark.

- The pygmies' camps at Elogbatindi.
- The lobe falls which flow into the sea from 12m height
- The Campo Malan Park where one can find chimpanzees, antelopes, gorillas, and many different kinds of birds.

Bipindi Village

Characterized by a good number of pygmies. They excel in hunting, traditional art and have a good reputation on traditional medicine.

Lobe Town

Lobe remains a large area of beaches whose peculiarity is its position at the entrance of the river and the important fall, which bears the name of the town. It is an ideal place for tourism and possesses a lot of assets: beaches with soft golden sand, an exceptional sun, huts built by young villagers roasting fresh shrimps, small luxurious hotel stretched out on the coast.

Campo Town

Campo has the best leveling of the country. The length and height of the greatest flush is about 300m and 12m respectively. The beach is relatively large and lengthens infinitely from the North to the South. Many fragments of the seashells are found in the sand, which gives it a dark color.