

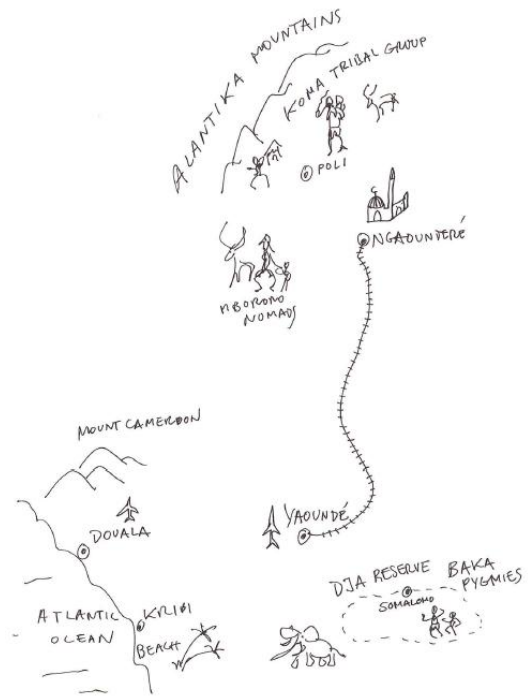
CAMEROON

ETHNOGRAPIC TOUR THROUGH CAMEROON

15 DAYS

The trip we propose is the result of a long experience in organizing itineraries and expeditions to Cameroon, a country completely virgin regarding tourism. Our team of anthropologists and local guides has designed this itinerary where the interaction with the local inhabitants is the central axis of the trip. The aim of this travel experience is to get to know the reality of three traditional communities and the environment they live in. We will visit the Baka pygmies in the deep jungle of the East, the Koma animists' dwellers of the Atlantika Mountains and the Mbororos, proud nomads of the Sahel. In order to complete the tour Yaoundé, the capital, will be explored and before going home some great days of relax at Kribi beach will be spend.

Fitness level required: basic to intermediate



DAY 1:

Arrival in Yaoundé in the evening

DAY 2:

Yaoundé – Somalomo – Baka village (1,5hrs jungle walk, pirogue on the Dja River, meet the inhabitants of the forest; the Baka pygmies are Africa's last hunter - gatherers)

DAY 3:

Baka village – Somalomo (several hours of jungle walk with our hosts to learn about the secrets of the jungle, pirogue on the Dja River)

DAY 4:

Somalomo – Ayos -Yaoundé (return to "civilization" – stop at a German colonial town, local market and experience nightlife in the capital)

DAY 5:

Yaoundé – Night Train (explore the capital; Museum of African art, Muslim quarter of La Briquetterie)

DAY 6:

N'gaoundere – Idool – N'gaoundere (Tello falls, lunch with the Royal Family of Idool)

DAY 7:

N'gaoundere – Gouna – Poli (descend the Adamawa plateau towards the Benoue valley, stop at traditional adobe villages)

DAY 8:

Poli – Faro River – Atlantika Mountains (pirogue and visit to the Lamido of Tchamba, 2,5hrs trek to the Koma village, local music and dances)

DAY 9:

Atlantika Mountains – Tchamba (morning with the Koma, bath in a nearby stream, 2hrs trek back to Tchamba)

DAY 10:

Tchamba – Poli - Mbe (visit Mbum villages and learn about their culture).

DAY 11:

Mbe – N'gaoundere – Night Train (meet the Mbororo nomads and learn about their daily life, exploration of N'gaounderes' city center and the old market).

DAY 12:

Yaoundé – Kribi (reach the beach in the afternoon)

DAY 13:

Kribi (optional visit to the Lobé falls, the harbor and grilled fish)

DAY 14:

Kribi – Douala (beach, Congo craft market and dinner in Douala). In the evening: **final departure**

DAY 15:

Arrival to European airport in the evening (if travelling with Royal Air Maroc one can visit Casablanca City Centre).

Recommended Period: All year round

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