

# CAMEROON

CONTRASTS OF CAMEROON: FROM THE EQUATORIAL FOREST TO THE SAVANNAHS OF LAKE CHAD  
(19 DAYS)

The trip we propose is the result of a long experience in organising itineraries and expeditions to Cameroon, a country completely virgin regarding tourism. Our team of anthropologists and local guides has designed an itinerary where the contact with the local inhabitants is the central axis. The aim of this travel experience is to get to know the reality of Cameroon through the different communities who dwell in its mountains, grasslands and forests. Some of the most attractive aspects are the visit to the Baka pygmies, trekking around the Alantika Mountains and the expedition to the mythical Lake Chad.

Required fitness level: 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, and meet the inhabitants of the forest: the Baka pygmies are Africa's last hunter and 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 experience and 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 – Alantika Mountains (pirogue and visit the Lamido of Tchamba, 2,5hrs trek to the Koma village, local music and dances, local huts)

## DAY 9:

Alantika Mountains – Tchamba - Poli (spend the morning with the Koma and share daily tasks, 2hrs trek back to Tchamba)

## DAY 10:

Poli – Garoua – Maroua (full day of transport, stop at local tribal markets).



## DAY 11:

Maroua – Maltam – Goufey (meet Kotoko and Arab Shuwa communities, explore walled city of Goufey, home-stay).

## DAY 12:

Goufey - Blangoua– Lake Chad – Kofia Islands (motorized canoe to Kofia Island, meet the local fisherman and learn about their daily life)

## DAY 13:

Kofia Islands -Lake Chad –Blangoua (explore the adobe Kotoko villages on the shores of the lake, descendants of the Sao extinct civilization, night at the catholic mission)

## DAY 14:

Blangoua – Kousseri (drive to the region's commercial capital. Visit the central market of Kousseri, its historical center and ancient adobe mosque)

### DAY 15:

Kousseri – Maroua (head back to Maroua, cross Waza National Park, explore Maroua's city center and visit the artisans: tanners, potters, tailors and blacksmiths)

### DAY 16:

Maroua – Douala – Kribi (flight to Douala and transfer to the beach)

Recommended Period: All year round.

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### DAY 17:

Kribi (beach, relax and fresh grilled fish)

### DAY 18:

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

### DAY 19:

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