

CAMEROON

AFRICA IN MINIATURE

(12 DAYS)

Travelling around Cameroon is like visiting the whole African Continent. In this Central-African nation you will climb volcanoes, visit herder tribes and discover medieval Kingdoms in the western Highlands. In the South you will hike through the jungle and hunt with the Badgeli pygmies before ending the trip on the virgin beaches of Kribi, relaxing and enjoying fresh seafood. This 12-day tour will allow you to discover Africa in one sole country.

Fitness level required: intermediate

Note: the Mount Manengouba trek can be skipped and eventually an additional day in Kribi can be added upon request.



DAY 1:

Arrival in Douala in the early morning. Douala – Penja – Melong (fruit market and arrival to Melong, coffee centre of the country)

DAY 2:

Melong – Mount Manengouba (5hrs trek up to the lake area, home-stay with Mbororo families)

DAY 3:

Mount Manengouba – Melong (descend back to Melong, free afternoon)

DAY 5:

Melong – Kingdom of Bandjoun - Didango (land of the Bamileke, visit the Kingdom of Bandjoun and learn about the Tribal Parliament and other traditions, home-stay)

DAY 5:

Didango - Fomban (morning visit of the town - on foot - and interaction with the locals. Lunch with the "Lamido" of Didango, afternoon; transport to Fomban)

DAY 6:

Fomban - Bamenda (Sultans' Palace, the museum, market, spectacular mountain scenery)

DAY 7:

Bamenda – Bafut - Belo (Bafut Palace and dances, 3hr Belo walk, home-stays at Kom Families)

DAY 8:

Belo – Kingdom of Bafang – Melong (Kekem market and Ekom Nkam Falls)

DAY 9:

Melong - Lokoundjé (jungle walk, pirogue and dances with the Badgeli, camping).

DAY 10:

Lokoundjé – Kribi (beach, relax and freshly grilled fish)

DAY 11:

Kribi – Douala (beach, shopping at Congo market). In the evening: final departure.

DAY 12:

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

Recommended Period: All year round (rainfall can be important in August in the Melong and Belo areas)

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