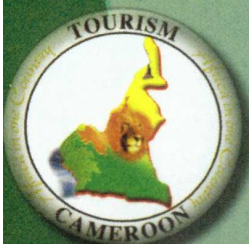




CAMEROON

CENTRE

*The Centre is a remarkable region,
due to its luxuriant vegetation
and the folklore, customs and
traditions of its inhabitants.
Its rugged scenery is dominated
by tropical forests and great rivers,
ideal for excursions, picnics, ecotourism,
agro-tourism and adventure.
The regional capital, Yaoundé, is
also the country's capital city.*



REGION



Due to its position as seat of the Republic's institutions, and with its infrastructure of top international hotels, Yaoundé is a firm favourite with tourists, businessmen, diplomats and people attending congresses and university conferences. Built on hilly terrain, Yaoundé benefits from a picturesque setting and a somewhat milder climate than on the coast: the maximum temperatures vary between 30 and 33°C and the minimum is around 15°C. The region's main tourist attraction is Ebogo, near Mbalmayo, 60 km (37,5 miles) from Yaoundé. Apart from the rainy season (July to October), for the rest of the year the region benefits from a climate ideal for travelling: mildly warm with temperatures of 22°C on average.

The Division of Lekié

WATERFALLS, CASCADES AND DAMS

The Natchigal Falls

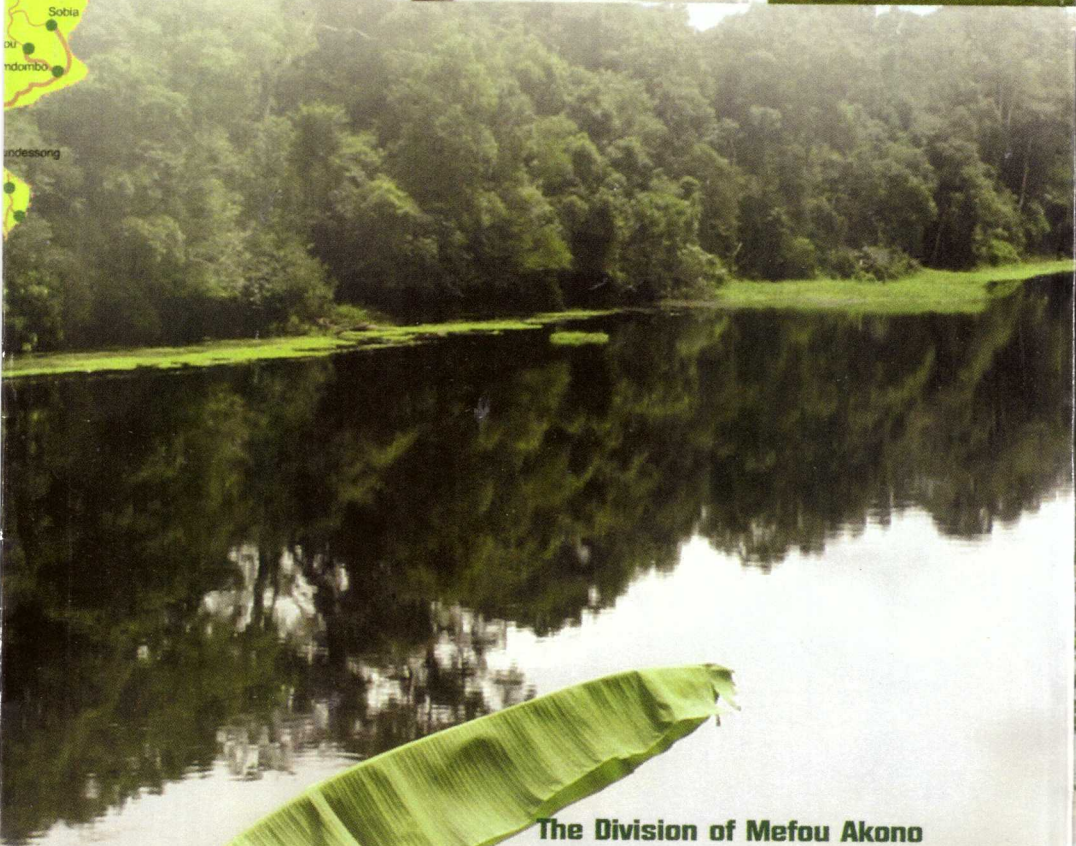
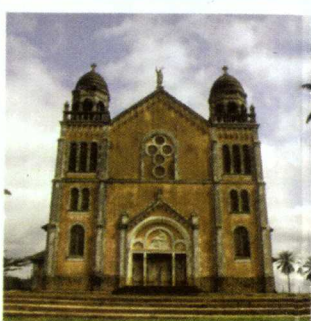
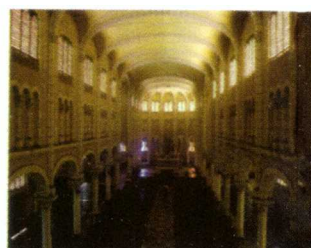
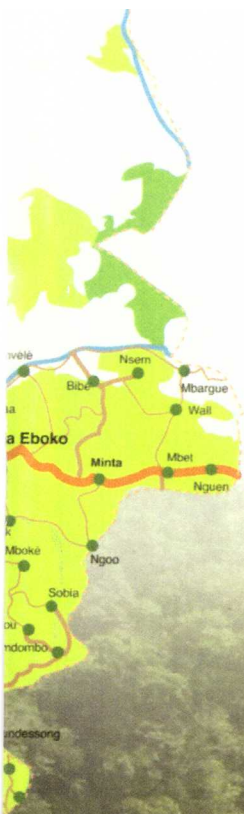
In the sub-division of Batchenga
Reputed and attractive falls which bear the name of the famous explorer, Natchigal.

The Sanaga Cascades

In the sub-division of Batchenga
Spectacular rapids on the edge of which the Presidential Residence is sited at Djoré.

The Banks of the Sanaga River

Near the town of Montabélé



The Division of Nyong and So'o

WATERFALLS, CASCADES AND RIVERBANKS

The Bay of Mangroves at Mbéga

In the sub-division of Mbalmayo, 25 km (15,5 miles) from the town of Mbalmayo and 10 km (6 miles) from the Mbalmayo - Sangmelima road

Bank of the River Nyong; subject to flooding, with an underwood of mangroves. The River Nyong has fine white sandy beaches to offer in the dry season.

The Tourist Site of Ebogo

10 km (6 miles) from the town of Mbalmayo and 8 km (5 miles) from the Mbalmayo-Ebogo road

The Division of Mefou Akono

MOUNTAINS AND ROCKS

Akok Bikok

In the sub-division of Akono Bikoe village on the road between Mbalmayo and Akono.

Rocks made up of a multitude of very spectacular grottos.

HISTORICAL MONUMENTS

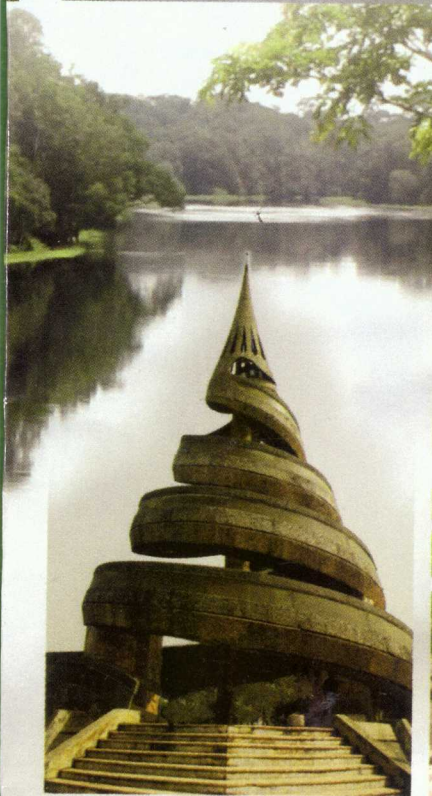
The Catholic Mission in Akono

Composed of one of the most beautiful Catholic churches and a small seminary. A very peaceful and restful place.

The Division of Mfoundi

HISTORICAL MONUMENTS

The Monument of Independence



The Statue of Charles Atangana
The National Museum
The Yaoundé Craft Centre

OTHER SITES

The zoological gardens at Mvog bété
The Municipal Lake at Yaoundé

MOUNTAINS

Mount Fébé

Near the capital city of Yaoundé
 The highest of the seven hills that surround the city of Yaoundé and from which there is a panoramic view over the whole city.

The Division of Mbam Inougou

OTHER SITES

The Don site at Tison

In the sub-division of Bafia
 Site of interest to tourists.

The Division of Nyong and Kélé

WATERFALLS AND CASCADES

The Mpoume Falls

Site of interest to tourists.

The Mbila Falls

In the sub-division of Sombo

"Discover Yaoundé - The City of the Seven Hills"

Tour of the city of Yaoundé
(1 day trip)

7h: Breakfast at the Hilton Hotel and visits to the following sites:

- The Cross of Lorraine aka the Monument to General Leclerc;
- The National Museum aka the former Presidential Palace;
- The Palace of Hans Dominik;
- The German Cemetery;
- The Alcamor Building;
- The Statue of Charles Atangana;
- The Reunification Monument;
- The Jamot Monument;
- The Mvogbetsi Zoo.

12-13h: Lunch on Cameroonian specialities.

13h: Visits of the following:

- The Town Hall;
- The Islamic complex of Tsingara;
- The Conference Centre;
- The Jean-Paul II Auditorium;
- The Benedictine Museum on Mount Fébé;
- The Orthodox Cathedral of Bastos;
- The Djoungolo Hillside;
- The Sculpture Gallery - The Fotso Gallery - The Craft Centre;
- The Cathedral of Our Lady of Victories;
- Father Engelbert Mveng's Museum of Negro Arts;
- The Marial Sanctuary and hill at Mvolye;
- Afrikan Logik;
- The Afheumi Museum;
- The Shopping Centre.

18h30: End of tour.

N.B.: Information concerning the sites in the city of Yaoundé.

The Cross of Lorraine or Leclerc Monument symbolises the call to arms made by General Leclerc on the 26th and 27th of August 1940. It was the first Cross of Lorraine in Africa.

The National Museum or former Presidential Palace, built in its present form by Governor Marchand (1923-1933), was the former residence of French Governors.

The Palace of Hans Dominik, a German Army officer, is situated between the two buildings now occupied by the Ministry of Economics and Finances.

The German Cemetery is just in front of the Ministry of Economics and Finances.

The Alcamor Building houses the Assemblée législative du Cameroun Oriental (Legislative Assembly of Eastern Cameroon). It was here that the Independence of Eastern Cameroon was celebrated on May 10th 1957 by the first Head of the newly independent Cameroonian Government, Mr André-Marie Mbida. The statue of Charles Atangana who was the last High Chief of the Ewondos and the Bene to be named by the German Kaiser in the 1940's. The Reunification Monument, built in 1972 in commemoration of the reunification in 1961 of the two Cameroons - English and French-speaking.

The Jamot Monument erected in memory of the French doctor who

spent many years fighting sleeping sickness in the Cameroon.

The Mvogbetsi Zoological Gardens. Yaoundé Town Hall was built on the site of the former racecourse.

The Islamic complex at Tsinga is just below the Conference Centre.

The Conference Centre built with the Chinese cooperation has a panoramic view over the city of Yaoundé.

The Jean-Paul II Auditorium sits at the foot of Mount Mbankolo. Mount Mbankolo offers a splendid panoramic view of Yaoundé.

The Benedictine Museum is situated on Mount Fébé.

The Orthodox Cathedral of Bastos has picturesque architecture.

The Djoungolo Hillside is the site of the installation of the Presbyterian Church in 1937, founded by the first American missionary to Cameroon, Mr William Caldwell Johnston (1868-1953).

The Sculpture Gallery is next to the Hotel of Independence.

The Fotso Gallery is next to the Chamber of Commerce.

The Craft Centre is at the corner of the montée Ane rouge and the Carrefour de l'Indépendance.

The Cathedral of Our Lady of Yaoundé is the largest cathedral to be found in the city centre.

The Marial Sanctuary at Mvolye is a place for Christian prayer and contemplation.

Father Engelbert Mveng's Negro Arts museum.

Afrikan Logik is a cultural and leisure centre.

The Afheumi Museum with its very varied exhibits is by far the city's biggest museum.

"Yaoundé and its surroundings via Ebogo"

Departure point: Yaoundé

7h: Departure from Yaoundé for Mbalmayo on tarred road, 50 km (30 miles), 1 hr.

8h: 45 km (28 miles) from Yaoundé take left turn for 2 km (1,25 miles) to visit the drinking water plant for the city of Yaoundé situated in Akomnyada, 30 min trip.

8h30: Arrival in Mbalmayo and continuation to the tourist site of Ebogo on the banks of the River Nyong on the Mbalmayo-Ebolowa road. 15 km (9,5 miles) from Mbalmayo turn right for the site of Ebogo, 9 km (5,5 miles) off the main road.

10h: Arrival at the site of Ebogo - dugout canoe trip on the Nyong river, visit of the grottos, visit of the butterfly hunting grounds Picnic.

13h: Return to Yaoundé via Mbalmayo

16h: Arrival in Yaoundé and end of excursion.

Further Information:

The Nyong River, one of the biggest rivers in Cameroon, flows through all the places surrounding Yaoundé. Balaphons: traditional musical instruments made out of pieces of wood fixed to gourds made out of cannon-ball fruit.

"Yaoundé and its surroundings via Akok Bekoe"

Departure point: Yaoundé

7h: Departure from Yaoundé for Mbalmayo on tarred road, 50 km (30 miles), 1 hr.

8h: 45 km (28 miles) from Yaoundé take left turn for 2 km (1,25 miles) to visit the drinking water plant for the city of Yaoundé situated in Akomnyada, 30 min trip.

8h30: Leave Akomnyada via Mbalmayo for the Akok Bekoe Grottos on the road between Mbalmayo-Akono, lateritic (stony) road.

11h: Arrival in Akono after 20 km (12,5 miles).

12h: Visit of the site of the Villa Carde and short stroll along the banks of the river Nyong.

13h: Departure for Mbalmayo.

13h30: Lunch at Mbalmayo.

14h30: Return to Yaoundé visiting basket-weaving and balaphon-making workshops on the way.

17h: Arrival in Yaoundé and end of excursion.

Hotels

• HOTEL HILTON*****

BP 11852 Yaoundé
Tel: (237) 22 23 36 46
Fax: (237) 22 23 32 46
reservations.yaounde@hilton.com

• HOTEL AURELIA PALACE*****

BP 35105 Yaoundé
Tel: (237) 22 20 40 59
info@aureliapalace.com

• HOTEL MONTFEBE****

BP 711 Yaoundé
Tel: (237) 22 21 40 02
Fax: (237) 22 21 60 70
info@hotel_montfebe.com

• HOTEL DJEUGA PALACE****

BP 2659 Yaoundé
Tel: (237) 22 20 03 46
Fax: (237) 22 22 64 26

• JULY GUEST QUARTER****

BP 6064 Yaoundé
Tel: (237) 22 22 14 48
Fax: (237) 22 22 27 17
jullyvoyages@yahoo.fr

• HOTEL FRANCO***

BP 3336 Yaoundé
Tel: (237) 22 20 13 08
Fax: (237) 22 20 13 11
hotelfranco@icnet.cm

• HOTEL DES DÉPUTÉS***

BP 24 Yaoundé
Tel: (237) 22 23 15 55/
22 22 46 80
Fax: (237) 22 23 37 10
hoteldeputes@yahoo.fr

• HOTEL HINTEL***

BP 4615 Yaoundé
Tel: (237) 22 20 03 97/22 20 04
66/22 20 04 67
Fax: (237) 22 20 04 68

• CENTRAL HOTEL***

BP 06 Yaoundé
Tel: (237) 22 22 65 98/22 22 28 44
Fax: (237) 22 22 64 98

• HOTEL XAVIERA***

BP 14821 Yaoundé
Tel: (237) 22 30 34 70/77 63 18 47

• HOTEL MÉRINA***

BP 14307 Yaoundé
Tel: (237) 22 22 21 31/
22 22 21 50
Fax: (237) 22 22 21 61
merina@cameroun_plus.com

• HOTEL SOMATEL CENTRE**

BP 4252 Yaoundé
Tel: (237) 22 20 95 36
Fax: (237) 22 21 98 36
somatelhotel@yahoo.fr

• HOTEL SANTA LUCIA**

BP 2835 Yaoundé
Tel: (237) 22 30 50 63/22 30 50 64
santaluciacameroun@yahoo.fr

Restaurants

• LE BOIS SAINTE ANASTASIE

BP 5393 Yaoundé
Tel: (237) 22 05 48 22/
99 59 02 42/99 92 00 66
boistastie@yahoo.fr

• MARMITE DU BOULEVARD

Tel: (237) 22 23 71 49/
99 93 60 89
lamarmite_restaurant@yahoo.fr

• RESTAURANT

MAISON DE CORÉE

Tel: 00(237) 22 23 43 08/
99 74 97 60
maisondeceree@yahoo.fr

• RESTAURANT

« LA MANDELA »

chez Yannick Noah
Tel: (237) 99 97 29 48

• RESTAURANT

LE BUFFET PAYSAN

Tel: (237) 22 12 6772/
22 07 20 60

• LE CLUB LE MUNICIPAL

Tel: (237) 99 46 17 63/
77 70 45 35

• FORÊT BANTU

Tel: (237) 22 07 40 56/22 20 35 80
/99 16 95 94
foret.bantou@yahoo.fr

Travel Agencies

• SOFITOUL

Tel: (237) 22 20 13 85

• JULY VOYAGES

Tel: (237) 22 22 39 47
jullyvoyages@yahoo.fr

• UNI-VOYAGES

Tel: (237) 22 04 12 11/
77 31 10 82
uni.voyages@yahoo.fr

• AIGLE VOYAGES

Tel: (237) 22 22 33 79/22 22 46 62/
22 03 03 72
cwt.aiglevoyages@yahoo.fr

Air Companies

• AIR FRANCE

BP 4076 Douala
Tel: 00(237) 3350 15 15

• AIR IVOIRE

Douala
Tel: 00(237) 33 42 0695/
33 42 05 85

• AIR MALI

Douala
Tel: 00(237) 99 98 11 66

• ANGOLA AIRLINES TAAG

Douala
Tel: 00(237) 33 42 20 01

• BRUSSELS AIRLINES

BP 2074 Douala
sales.douala@brusselsairlines.com
Tel: 00(237) 33 42 05 15/
33 42 72 03

• ETHIOPIAN AIRLINES

BP 1326 Douala
Tel: 00(237) 33430246/
33 43 02 64/33 43 37 30

• KENYA AIRWAYS

Douala/ Yaoundé
Tel: 00(237) 33 43 94 99/
22 22 23 31

• ROYAL AIR MAROC

BP 158114 Yaoundé
Tel: 00(237) 22 23 09 89/
22 23 09 93 /33 42 38 24

• SOUTH AFRICAN AIRWAYS

BP 4911 Douala
amscameroun@yahoo.com
Tel: 00(237) 33 43 07 51/
33 43 07 58 /79 53 06 06 /
79 53 06 56

• SWISS + AIRLINES

BP 2959 Douala
Tel: 00(237) 33 42 29 29

• AFRIKAYA AIRWAYS

Tel 00(237) 33 43 12 10

• AIR SERVICE

Douala
Tel: 00(237) 33 42 92 31/
33 11 75 42
resadla@airservice.aero

• AIR LEASING

BP 1725 Douala
Tel: 00(237) 33 43 69 60/
33 13 08 71/99 45 27 07/
77 77 32 59

Useful information

Ministry of Tourism Yaoundé

Tel: (237) 22 22 44 11
22 22 33 53
22 23 29 36
Fax: 22 22 12 95
www.mintour.gov.cm
ctourisme@yahoo.fr

The Regional Delegation of the Centre, Yaoundé

Tel: (237) 22 23 50 77

Tourist Information Bureau for Europe

26, rue de Longchamp
75016 Paris
Tel: (33) 01 45 05 96 48
Fax: (33) 01 47 04 49 96
www.cameroun-infotourisme.com
bitcam@wanadoo.fr

CAMEROONIAN EMBASSIES IN:

GREAT-BRITAIN

84, Holland Park W 1135 B8 London W2
Tel: (44) 2077270771
Fax: (44) 2077929353

FRANCE

73, rue d'Auteuil
75116 Paris
Tel: (0033) 01 47 43 98 33
Fax: (0033) 01 46 51 54 52

CANADA

170, Clemov Av KIS 234 Ottawa, Ontario
Tel: 236 15 22/226 67 79
Fax: 238 29 67

USA

2349 Massachussetts
avenue N.W.
Washington DC 20008
Tel: (202) 265 8790
Fax: (202) 387 3828
E-mail: cdm@ambacam.usa.org

NETHERLANDS

Amaliastraat N°14.2514JC
La Haye
Tel: (3170) 346 97 15
Fax: (3170) 365 29 79

Tourism in Cameroon fulfils tourists' desires and lives up to investors' expectations because of its vastly unexploited assets. It presents a low-risk capital investment in so much as the environment and certain prospects favour the rapid growth of the tourist industry. The following business opportunities are available:

- the construction of large tourist complexes on the Atlantic coast: marinas, seaside resorts and holiday villages;
- the construction of hotel facilities;
- the creation of large theme parks;
- the concession of vast amounts of territory, up to 50.000 ha (123,550 acres) for tourist sites;
- the organisation of charter flights;
- the setting up of facilities for the organisation of cruises on the main rivers and along the Atlantic coast;
- the building of eco-lodges in national parks and nature reserves.