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.
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 Monatélé.
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 - Bafoussam road.

The Division of Mefou Akono

MOUNTAINS AND ROCKS

Akok Bikok
In the sub-division of Akono, Bikok 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 bèti
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.

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 Sambo
“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.

12h30: Lunch on Cameroonian specialties

13h: Visits of the following:
- The Town Hall;
- The Islamic complex of Tsinga;
- The Conference Centre;
- The Jean-Paul II Auditorium;
- The Benedictine Museum on Mount Febe;
- The Orthodox Cathedral of Bastos;
- The Djoungolo Hillside;
- The sculpture gallery - The Foto 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;
- African Logik;
- The Afheim 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 Finance.

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

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 newly independent Cameroonian Government, Mr André-Marie Mbida.

The statue of Charles Atangana who was the last High Chief of the Ewondo and the Beme to be named by the German Kaiser in the 1940s.


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 Febe.

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 Foto 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.

African Logik is a cultural and leisure centre.

The Afheim 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 Akonnyada. 30 min trip.

8h30: Arrival in Mbalmayo and continuation to the tourist site of Ebogo on the banks of the River Nyong.

9h: 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.

12h: 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.
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_montfobe.cm

- 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@ccnet.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
  26 22 00 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 XAVIERI***
  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@cameroon_plus.com

- HOTEL SOMATTEL 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
  santaluca@cameroon.com

Restaurants

- LE BOIS SAINTE
  ANASTASIE
  BP 5393 Yaoundé
  Tel: (237) 22 05 48 27
  99 99 02 47 99 99 66
  boistaste@yahoo.fr

- MARMITTE DU BOULEVARD
  BP 22372 23 71 49
  99 93 60 89
  lamarmite_restaurant@yahoo.fr

- RESTAURANT
  MAISON DE CORÉE
  BP 22372 23 71 49
  99 79 97 60
  maisondecoree@yahoo.fr

- RESTAURANT
  « LA MANDELA »
  chez Yannick Noah
  Tel: (237) 99 97 29 48

Travel Agencies

- SOFITOURS
  Tel: (237) 22 20 13 85

- JULY VOYAGES
  Tel: (237) 22 22 39 47
  julyvoyages@yahoo.fr

- UNI-VOYAGES
  Tel: (237) 22 04 12 11
  77 71 00 10
  univoyages@yahoo.fr

- AIGLE VOYAGES
  Tel: (237) 22 22 33 79/22 22 46 62
  22 03 03 72
  cwct@aiglevoyages@yahoo.fr

Useful information

Ministry of Tourism Yaoundé
Tel: (237) 22 22 44 11
22 22 33 54
22 22 29 36
Fax: (237) 22 22 12 99
www.mintour.gov.cm
cotourisme@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
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www.cameroon-infotourisme.com
bitcam@wanadoo.fr

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GREAT-BRITAIN
86, Holland Park W11 3S London
Tel: (44) 2072210771
Fax: (44) 2077929353

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

CANADA
170, Clemow AV K1S 2S Ottawa,
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Tel: 236 15 22/226 67 79
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2349 Massachusetts Avenue
Washington DC 20008
Tel: (202) 265 8790
Fax: (202) 387 3828

E-mail: cdm@ambacam.usa.org

NETHERLANDS
Amalstraat N° 14, 2514 JC
La Haye
Tel: (3170) 366 97 15
Fax: (3170) 365 29 79

Air Companies

- AIR FRANCE
  BP 4076 Douala
  Tel: (00237) 3350 15 15

- AIR IVOIRE
  Douala
  Tel: (00237) 33 42 06 95/33 42 05 85

- AIR MALI
  Douala
  Tel: (00223) 99 98 11 66

- ANGOLA AIRLINES TAAG
  Douala
  Tel: (00237) 33 42 20 01

- BRUSSELS AIRLINES
  BP 2074 Douala
  sales.douala@brusselsairlines.com
  Tel: (00237) 33 42 05 15
  33 42 72 03

- ETHIOPIAN AIRLINES
  BP 1326 Douala
  Tel: (00237) 33 42 43 99
  22 22 23 31

- ROYAL AIR MAROC
  BP 158114 Yaoundé
  Tel: (00237) 22 23 09 89
  22 23 09 93

- SOUTH AFRICAN AIRWAYS
  BP 4911 Douala
  sameronair@amigos.fr
  Tel: (00237) 33 43 07 51/33 43 07 56/77 53 56 06
  79 53 06 56

- SWISS + AIRLINES
  BP 2959 Douala
  Tel: (00237) 33 42 29 29

Tourism in Cameroon fulfills 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.