

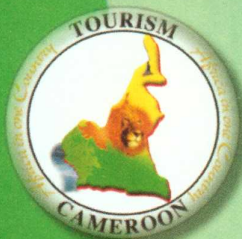


# CAMEROON

## EAST

*The East is one of the largest regions in Cameroon. It has borders in the north with Adamawa, in the east with the Central African Republic, in the south with the Congo and in the west with the regions of the South and Centre. Together with other tribes, the East is populated by Pygmies, the first inhabitants of the region.*

*They live by gathering, hand-picking and hunting their food. An amiable and welcoming people, they have turned their environment into a hospitable place for tourists.*





# THE EAST REGION



Also known as "The Region of the Rising Sun", the East is an ecological zone dominated by tall trees. 1.500 species of trees have been catalogued, some of which are partially or entirely protected. 500 animal species inhabit the region. The Dja Reserve, a Unesco World Heritage site, is the jewel in the Eastern crown.

## The division of Kadéy

### WATERFALLS, CASCADES AND LAKES

#### The Boden Waterfalls

*In the sub-division of Ketté*

A small waterfall gives place to an imposing rock which swallows up the River Kadéy only to spout it out in spectacular fashion further downstream.

#### The Ndong Cascades

*In the sub-division of Ndélélé, in the Yola village*

On the River Kadéy.

#### The Batouri Lake

*Near the town of Batouri*

A 800 m (2,400 ft) stretch of water. Formerly equipped for fishing and trips in dug-out canoes.

### MOUNTAINS, GROTTOES AND PEAKS

#### The Pandi Mountains

*In the sub-division of Batouri, 20 km (12,5 miles) from the town of Batouri on the road to the former airport*

3 rocks whose summits are richly covered with trees and teeming with wildlife. The largest one is supposedly male and the two smaller ones, female.

A popular place to visit, despite being at the end of 10 km (6 miles) former tobacco trail, abandoned because it was too difficult to maintain.

### The Marial Sanctuary

*In the sub-division of Batouri, 7 km (4,5 miles) from the town of Batouri on the road to the former airport*

Rock of interest to tourists.

This site was developed by missionaries for pilgrimages and prayer during the week of the Assumption of the Virgin Mary (15th August).

### OTHER SITES

#### The Hippopotamus pool at Ndélélé

Contains a large herd of hippos who interact with the local villagers.

#### The Hippopotamus pool at Lala

*In the sub-division of Ketté*

An interesting site for tourists in the course of being developed.

#### Gold Mines

*7 km (4,5 miles) from the town of Batouri on the road to Yokadouma.*

Site of interest to tourists.

A gold mine exploited on a small scale. Well worth a visit if you are in the town of Batouri.

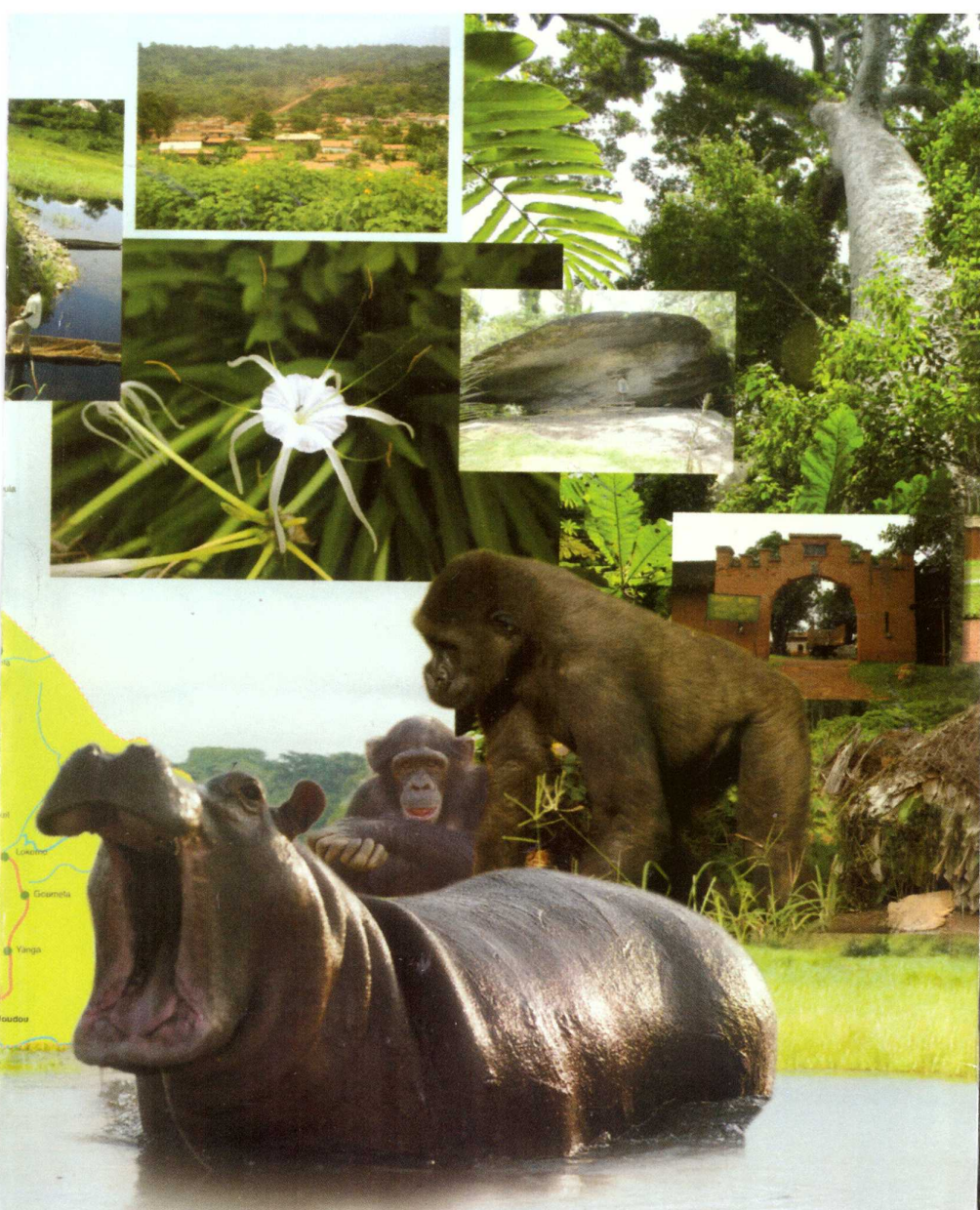
## The division of Boumba and Ngoko

### WATERFALLS AND LAKES

#### The Mokounounou Lakes

A 8 km (5 mile) long stretch of a dead branch of the Ngoko river teeming with fish.





### **The Boumba Waterfalls**

*In the sub-division of Yokadouma*

One of the resources of the Boumba Beck Reserve.

#### **RESERVES AND NATIONAL PARKS**

### **The Boumba Beck Reserve**

*In the sub-division of Mouloundou*

220.000 ha (543,620 acres) teeming with a wide variety of wildlife.

### **The Lobéké Reserve**

*In the sub-division of Moloundou*

43.000 ha (106,250 acres) teeming with a wide variety of wildlife.

### **The division of Lom and Djerem**

#### **WATERFALLS, CASCADES AND LAKES**

### **The Mali Waterfalls**

*In the sub-division of Bétaré-Oya*

Site of interest to tourists.

### **The Monai Waterfalls**

*In the sub-division of Bétaré-Oya*

A group of 5 grottos about 6 m (18 ft) high, 8 m (24 ft) wide and 70 m (210 ft) long set in a Sahelian landscape.

### **The Limboka Waterfalls**

*In the sub-district of Bétaré-Oya*

Site of interest to tourists.

### **The Banks of the Sanaga River**

*In the sub-division of Bélébo*

Site of interest to tourists.

Very attractive site with beach amenities.

#### **RESERVES AND NATIONAL PARKS**

### **The Mbam Djerem Reserve**

*Situated on the borders of the East, Centre and Adamawa regions*

30.000 ha (74,130 acres) teeming with numerous animal species.

#### **MOUNTAINS, PEAKS AND ROCKS**

### **The Mbartoua Grottos**

*In the sub-division of Bertoua near the Ngouté village*

Grottos in which the High Chief Baya sought refuge. Mbartoua and its population subsequently opposed Colonial incursions and the Islamic invasion.

### **The Bindia Rock**

Rocky platform.

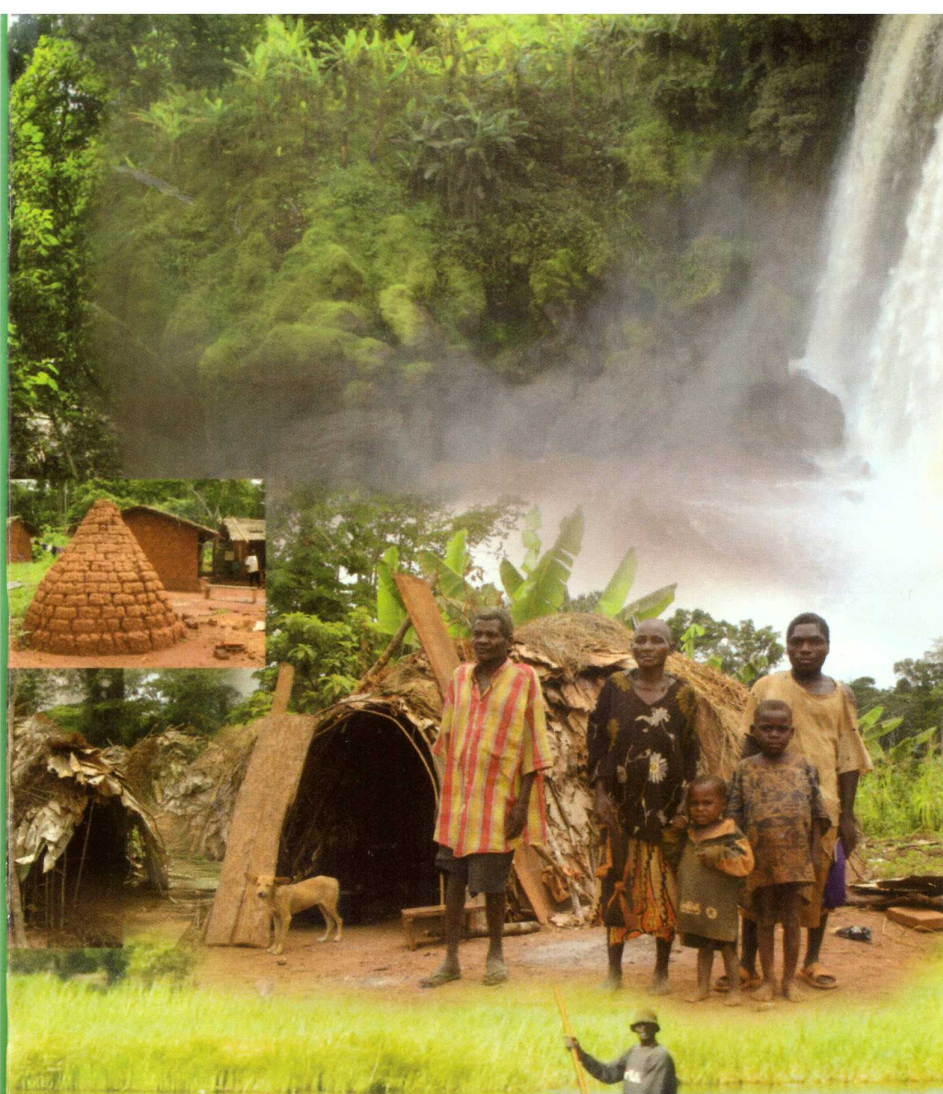
#### **OTHER SITES**

### **The Military Quarters at Nika**

*In the sub-division of Bertoua 40 km (25 miles) from the town on the N1 main road*

Built in 1952 to serve as a scheduled halt for the French military coming from the Central African Republic. Situated high-up overlooking the bush and savanna.





## The division of Upper Nyong

### WATERFALLS

#### The Nki Waterfalls

*In the sub-division of Ngoila*  
Spectacular falls, situated on the River Dja.  
A resource of the Nki Reserve.

### GROTTOES

#### The Mvanda Grotto

*In the sub-division of Nguélémendouka*  
Vestige of the Tribal Wars.  
Supply point.

#### The Esseng Grotto

*In the sub-division of Nguélémendouka*  
A rock 7 m (21ft) high. A refuge for heroes of the Tribal Wars.

#### The Timbé Grotto

*In the sub-division of Doumé*  
A mysterious grotto with many chambers.

### RESERVES

#### The Madouma Underwood

4 km (2,5 miles) from the town of Abong-Mbang  
Underwood which houses the former residence of Dr Jamot.

#### The Dja Reserve

*In the sub-division of Somalona*  
526.000 ha (1.299.746 acres) classed as a UNESCO World Heritage Site and biosphere reserve.

#### The Nki Reserve

*In the sub-division of Ngoila*  
180.000 ha (444.780 acres) of tropical forest, including a large part unexplored by Man, teeming with many different animal species.

### OTHER SITES

#### Pygmy encampments at Mayo

*In the sub-division of Dimako*  
The pygmy villages built in order to make them settle. Pilot village which integrates typical Pygmy dwellings, modern buildings and mud huts.

#### The German Fortress

*In the town of Doumé*  
Former Colonial buildings which now house the local police force (brigade de gendarmerie).

#### The Town of Lomié

*In the sub-division of Lomié*  
Colonial town whose architecture reflects the German occupation.



# Tours, trips and excursions



## "Discover East Cameroon"

(7 day trip)

**Departure point: Bertoua**

### Day 1

**6h:** Departure from Bertoua for Batouri on untarred road, 90 km (56 miles).

**7h30:** Breakfast at the Mount Pandi Hotel

**8h30:** Departure from the hotel for the Mount Pandi site using the old airport road as far as the village of Dja, 10 km (6 miles). Turn left onto the old tobacco track, 8 km (5 miles) to the foot of the Big Rock (Mount Pandi), 1 hour.

**9h30:** Ascension of the mountain and panoramic view of the savanna and the gallery forest with its large colony of bats. Allow 1 hour and a half.

**11h30:** Return to the town with a stop at the Marial sanctuary at Bougogo situated 7 km (4,5 miles) from the town.

**12h:** Lunch at the Mount Pandi Hotel.

**13h:** Departure for the gold mine at Kambélé on the Batouri-Yokadouma road, 7 km (4,5 miles) from Batouri. Visit of the site (mining, crushing and washing to obtain the end product – gold!). Fastidious but fascinating work. Allow 1 hour for your visit.

**14h:** Departure from Kambélé for Yokadouma, 275 km (172 miles) on untarred road (about 5 hr drive).

**19h:** Arrival in Yokadouma, installation in the Elephant Hotel, dinner and the night.

### Day 2

**7h:** Breakfast.

**8h:** Departure for Logna in the Lobéké Reserve (4 hr drive on untarred road).

**12h:** Arrival in the Logna camp, installation, lunch, dinner and the night.

### Days 3 and 4

**6h:** Breakfast in the camp.

**7h:** Departure on safari. Visit of the Lobéké Reserve.

**18h:** Return to camp - rest, dinner and the night.

### Day 5

**6h:** Breakfast.

**7h:** Departure from Logna to Yokadouma (4 hr drive on untarred road).

**11h:** Arrival in Yokadouma, installation at the Elephant Hotel, lunch and rest.

**18h:** Dinner and the night.

### Day 6

**5h:** Departure for Libongo to observe the herds of elephants, 2h from the forest roads. 3 hours to observe the elephants and other animals.

**12h:** Return to Yokadouma. Lunch in the Elephant Hotel. Rest.

**18h:** Dinner wherever you wish and the night.

### Day 7

**7h:** Breakfast.

**8h:** Departure from Yokadouma for Baouti and halt at the Ndélélé Hippopotamus pool, 190 km (120 miles) from Yokadouma, 2 1/2 hr drive. 1 to 2 hours for observing the hippos.

**13h:** Departure for Batouri (2 hr drive).

**15h:** Arrival at Batouri. 1 hour's halt for refreshments.

**16h:** Departure for Bertoua (1 1/2 hr drive).

**17h30:** Arrival in Bertoua. End of tour.



## "Safari in the Dja Reserve"

(4 day trip)

**Departure point: Yaoundé**

### Day 1

**6h:** Breakfast in the Hilton Hotel.

**7h:** Departure from Yaoundé to Soma-Lomo in the Dja Reserve via Ayos on the Yaoundé/Abong-Mbang road, 130 km (80 miles) tarred road as far as Ayos. 2 hr drive.

**9h:** Arrival in Ayos and visit of the School for Qualified Nurses created by Dr Jamot. 30 min visit.

**9h30:** Departure from Ayos to Somalomo. Arrival in the Mbama village, 30 km (20 miles) from Ayos on the Ayos/Abong-Mbang untarred road. Take right fork for 38 km (24 miles) of untarred road to reach Messaména, 1 1/2 hr drive.

**11h30:** Departure from Messaména for Somalomo, 55 km (34,5 miles), 2 hrs.

**13h30:** Arrival, welcome and installation in the camp at ECOFAC (4 bedrooms, 6 beds) and cold buffet.

**15h:** Rest, dinner and the night.

### Day 2

**7h:** Breakfast.

**8h:** Departure from the camp to visit the reserve. 12 km (7,5 miles) drive to car park.

**9h30:** Start of the tour of the reserve on foot (2 1/2 hrs)

**12h:** Picnic.

**14h:** Continuation of the visit on foot (1 hr) and return to camp.

**16h:** Arrival at camp and rest.

**18h:** Dinner and the night.

### Day 3

**7h:** Breakfast.

**8h:** Departure from the camp to visit the reserve by dug-out canoe upstream to Dja (2 hrs).

**10h:** Return to point of departure to visit the other part of the reserve downstream of the river Dja (2 hrs).

**12h:** Return to camp, lunch and rest.

**16h:** Traditional dances performed by the Pygmies and other neighbouring peoples.

### Day 4

**8h30:** Breakfast and departure for Yaoundé, 253 km (160 miles), 5 hr drive.

**13h30:** Arrival in Yaoundé and end of tour.

### Comment:

The ECOFAC project, Ecosystème forestier de l'Afrique centrale (Central African Forestry Ecosystem) has the task of preserving the reserve's ecosystem.





# Establishments and information for tourists

## Hotels

- **MANSA HOTEL**  
BP 285 Bertoua  
Tel:  
22039200/74790439/96144843  
hotel.mansa@yahoo.fr
- **CHRISTIANA HOTEL**  
BP 10 Bertoua  
Tel: 22039323/99468729  
j.njanta@yahoo.fr

## Restaurants

- **SOLEIL D'ÉPICES**  
Tel: 99 52 01 39

## 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  
amscameroon@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
- **AFRIKYA 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  
for the East**  
Tel: (237) 22 24 17 90

**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

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**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.