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.
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 Kété
A small waterfall gives place to an imposing rock which swallows up the River Kadéy only to spit 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 Batari 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.

In the sub-district 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 Kété
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 Mokonounou 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 Mouloundou
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 Bélèbo
Site of interest to tourists.

RESERVES AND NATIONAL PARKS

Thé 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 Nguélemendouka
Vestige of the Tribal Wars.
Supply point.

The Esseng Grotto
In the sub-division of Nguélemendouka
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 Lomé
In the sub-division of Lomé
Colonial town whose architecture reflects the German occupation.
"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 Bougoyo situated 7 km (4.5 miles) from the town.
12h: Lunch at the Mount Pandi Hotel.
13h: Departure for the gold mine at Kambléé on the Batouri-Yokoudouma 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 Kambléé for Yokoudouma, 275 km (172 miles) on untarred road (about 5 hr drive).
19h: Arrival in Yokoudouma, 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 Yokoudouma (4 hr drive on untarred road).
11h: Arrival in Yokoudouma, 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, 2hr from the forest roads. 3 hours to observe the elephants and other animals.
12h: Return to Yokoudouma. Lunch in the Elephant Hotel. Rest.
18h: Dinner wherever you wish and the night.

Day 7
7h: Breakfast.
8h: Departure from Yokoudouma for Baouti and halt at the Nileké Hippopotamus pool, 190 km (120 miles) from Yokoudouma, 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).

"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. Jany, 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 30 km (24 miles) of untarred road to reach Messamena, 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.
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.