From a tourist’s point of view, the Littoral region has a lot to offer. The coast is perfect for seaside holidays with its picturesque bays, beautiful, fine sandy beaches, stretching as far as the eye can see, in particular those of Yoyo and Manoka. Located almost at the sea’s edge, on the left bank of the River Wouri, the City of Douala is the regional, economic capital and remains the main port of entry into Cameroon.
Douala is a city bustling with activity, thanks to its port, one of the most important ports on the West African seaboard and several airline companies operate to and from its International Airport. Besides business trips, already profiting from the boom in good quality hotel facilities, Douala’s main tourist attractions are its Colonial architecture and its numerous markets. But Douala is not the only attractive place in this region, the smaller towns of Edéa and N’kongsamba also attract numerous tourists on their way to Yaoundé, Kribi or the regions of the West and Northwest.

The Division of Mungo

LAKES AND WATERFALLS

The Ekom Nkam Falls
In the sub-division of Melong, 10 km (6 miles) from the Melong-Nkongsamba road. Very spectacular falls, almost 50 m (150 feet) high.

MOUNTAINS

Mount Lonako
In the sub-division of Nkongsamba. A site of particular interest to tourists.

MONUMENTS

The Fortress of Dibombari
In the town of Dibombari. Of renowned historical repute.

The Division of Sanaga Maritime (Coastal Sanaga)

LAKES, BEACHES AND DAMS

Lake Ossa
In the sub-division of Dizangué. An internationally renowned ox-bow lake, teeming with fish, formed by the River Sanaga, with a large population of manatees (sea-mammals with tapering
bodies that live at the mouth of the river). Legend has it that sailors mistook these sea creatures for mermaids.

**The Beaches at Mouanko**
Situated about 25 km (15 miles) from the town of Mouanko
Splendid, unspoiled beaches, part of the resources of the Douala Edéa Reserve.

**Yoyo Beach**
Approximately 25 km (15 miles) from the town of Mouanko
A beautiful, fine sandy beach, complete with a fishing village of many different nationalities. There are plans for a large tourist complex here.

**RESERVES**

**The Douala-Edea Reserve**
Accessible via Mouanko
160,000 ha (395,360 acres) of forestry reserve that, together with the beaches at Yoyo, represent the most important natural resource for the favourable development of ecotourism.

**OTHER SITES**

**The Beaches at Sanaga**
The town of Edéa
A place devoted to leisure and relaxation.

**The Catholic Mission at Mariemberg**
In the sub-division of of Dizangué, in the village of Mariemberg, about 50 km (30 miles) from Edéa
This is the first church built in Cameroon by the Palottin Fathers in the 19th century. It has a splendid view over the River Sanaga.

**The Division of Wouri**

**The Town of Douala**
This town has many historic monuments such as the Palace of King Manga Bell, the castle of Prince Dika Akwa, the old castle of Maka, the monument to De Gaulle and an inscription stone.
One of the resources of the Kilum reserve.

**The Market at Youpé**
In the town of Douala
Renowned for its fresh fish market and fishing village.

**OTHER SITES**

**The Islands of Manoka**
In the sub-division of Douala, about 2 hours by motorised dugout from Youpé
Islands of great natural beauty with vast expanses of fine, white, sandy beaches. Good prospects for future tourist development.
The Coastal area of
the Mangroves
Spread along the littoral coast
A site of natural beauty unique to this particular region.

The Industrial plantations of
the Socapalm and the CDC companies
On the road to the Southwest and the West
Vast plantations of hevea and oil palms for the agrotourism industry.
Tour “Douala-Nkongsamba -Kekem-Douala” (3 day trip)

Departure point: Douala

Day 1
7h30: Breakfast at the Sawa Hotel (5*) and departure for Dibombari situated 24 km (15 miles) from Douala, on 16 km (10 miles) of tarred road and 8 km (5 miles) of untarred road.
8h30: Arrival in Dibombari.
Visit of the old castle of Maka with its tower, 30m (90 ft) high.
Visit of the Dibombari Tunnel. 300 m (330 yards) long, which was used as a bunker by German soldiers during the First World War.
10h: Departure for the visit of the Socrapalm palm oil mill in Nkapsa 30 km (20 miles) from Douala.
10h30: Arrival in Nkapsa.
Visit of the Socrapalm palm groves and oil mill.
11h30: Departure for the Tangui village near Morba. 60 km (37.5 miles) from Douala on the N5 main road (armed).
12h30: Arrival in the Tangui Village. Visit of the fruit market of Djoboni (tasting of local fruit and juice) and continuation of the journey to Penja (travelling through a banana plantation on the way).
13h30: Lunch at the Venusta Hotel in Penja (1*).
14h30: Departure for Nkongsamba via the towns of Loun and Manjo.
15h30: Arrival at the Mougo Hotel (1*), settling in and rest for 1 hour.
16h30: Visit of the town of Nkongsamba and its modern coffee plantations.
18h: Return to the Mougo Hotel for rest, dinner and the night.

Day 2
7h: Breakfast at the Mougo Hotel and departure for Mount Manengouba via the villages of Ebone, Doung and Marang. Travelling in a 4X4 vehicle, 10 km (6 miles) of tarred road and 10 km (6 miles) of untarred road. Visit of two craker lakes, photo safari and picnic with refreshments brought from Nkongsamba.
12h: Departure from Mount Manengouba for the Ekom-Nkam Falls driving along the untarred road between Mbamgou and Melong (2h).
13h30: Arrival and visit of the falls at a height of 80 m (240 ft) with a picturesque view. Descent to the lowest point of the falls for photo safari. This site of natural beauty was used for the making of the film “Greytoe” (Tarzan) starring Chistophe Lambert.
15h30: Leave the falls to go to Nkongsamba travelling through the town of Melong and its coffee and various food plantations along a tarred road, 24 km (15 miles).
16h30: Arrival at the Mougo Hotel, refreshments and rest.
19h: Dinner and the night.

Day 3
7h: Breakfast in the hotel and departure in a 4X4 vehicle to climb Mount Nkolossou. 1,800 m (5,400 ft) high, via Barresmontou - 5 km (3 miles) to the foot of the mountain.
8h: Ascension to the top.
9h: Arrival at the summit, picnic and refreshments brought from Nkongsamba, photo safari of the town of Nkongsamba and the landscape viewed from the mountain top.
11h30: Descent and photo safari.
12h30: Arrival at the Mougo Hotel. Lunch and rest.
15h: Return to Douala.

Tour “Discover the town of Douala and its surroundings” (2 day trip)

Departure point: Douala

Day 1
7h: Breakfast at the Sawa Hotel and departure for the following sites:
- The Palace of King Mnga Bell aka the Pagoda in Bonjano.
- The old Maka castle in Bonjano.
- The monument to General Leclerc in Bonjano.
- The small Naval building in Bonjano.
- The Military medical centre.
- The port of Douala and the naval base on the River Wouri.
- The Catholic Cathedral of Saint Patrick and Saint Paul in Akwa.
- The Church of the Centenary.
- The castle of Prince Dika in Akwa.
- The village hall in Akwa.
- The Orthodox Cathedral at the crossroads of the two churches in Akwa.
- The Mosque in the central market place.
- The Mbopi, Deido and Central markets.
- The bridge over the Wouri.
- The station at Bonaberi.
12-13h: Lunch with Cameroon coonspenialists.
13h: Departure for the following sites:
- Visit to the Doula craft market.
- Visit to the sculptor Kante L. Mohamed (ivory and wooden sculptures) in Akwa.
- Visit to the fresh fish market.
- Motorised dug-out trip to see the mangroves along the coast.
- Walk along the beaches of the River Wouri and opportunity for swimming and water sports.
16h30: Return to the Sawa Hotel for rest, dinner and the night.

Day 2
7h: Breakfast and departure from Douala Falls by dugout from Youpou.
8h: Arrival, visit of the island, an earthy paradise with picturesque scenery and unspoiled, fine, sandy beaches.
11h: Stroll along the beaches of the Atlantic Ocean, photo safari, swimming and picnic.
15h: Return to Douala.
17h30: Arrival at the Sawa Hotel for a rest, dinner and the night.

Further information concerning the sites at Douala:
- The Palace of King Mnga Bell aka The Pagoda in Bonjano built in the Japanese style in 1905 with King Auguste Mnga Nordoumbe is reputed to be the most famous monument in Douala. In 1908 Rudolf Douala Manga Bell succeeded to the Belichfeud, on the death of his father, and took possession of the palace.
- The castle of Prince Dika in Akwa contains monuments from all different the provinces of Cameroun.
- The Mosque in the Central market is the first mosque to be have been built in Douala.
- The Mbopi, Deido and Central markets are very colourful and overflowing with wares.
- The small Naval building, in Bonjano near the Post Office, nowadays used as a Police Station. It was here that Rudolf Douala Manga Bell was hanged.
- The military medical centre.
- The village hall in Akwa, former native tribunal: this is where the first aeroplane landed flying in from French Equatorial Africa.
- The Church of the Centenary - the first Christian church in Douala, built by the English missionary Alfred Saker.
- The station at Bonaberi - the first railway station to be built in Douala.

Tour “Douala - Nkongsamba - Douala” (3 day trip)

Departure point: Douala

Day 1
7h30: Breakfast at the Sawa Hotel and departure for Dibombari, 24 km (15 miles) from Douala of which 16 km (10 miles) on tarred road and 8 km (5 miles) on untarred road.
8h30: Arrival in Dibombari.
Visit of the old castle of Maka and the town.
10h: Departure from Dibombari to visit the Socrapalm palm grove at Nkapsa 30 km (20 miles).
11h30: Arrival in Nkapsa.
Visit of the palm grove and oil mill.
11h30: Departure from Nkapsa for the Tangui village near Mbang, 60 km (37.5 miles) from Douala on the tarred road.
13h30: Lunch in Djoboni.
14h30: Continuation to Nkongsamba via the towns of Loun and Manjo.
16h30: Arrival and installation at the hotel.

16h30: Visit of the town of Nkongsamba and its modern coffee plantations.
18h: Return to the hotel for a rest, dinner and the night.

Day 2
7h: Breakfast and departure for the ascension of Mount Manengouba via the villages of Ebone, Nkoungou and Nduimbang, 10 km (6 miles) on tarred road and 10 km (6 miles) of untarred road. Visit of two of the craker lakes there and picnic (cold meal) 3 hours.
12h: Departure from Mount Manengouba to the Ekom-Nkam Falls. 2 hour journey on untarred road between Mbang and Melong.
13h30: Arrival at the falls at a height of 80 m (240 ft). Visit with picturesque views then descent to the lower levels of the falls.
15h30: Return to Nkongsamba. Travelling through the town of Melong with its coffee and food crop plantations. 24 km (15 miles) on tarred road.
16h30: Arrival back at the hotel and rest.
19h: Dinner and the night.

Day 3
7h: Breakfast at the hotel and departure for Barresmontou, distance 5 km (3 miles), at the foot of the mountain, for the ascension of Mount Nkolossou. 1,800 m (5,400 ft).
8h: Ascension, 1 hour.
9h: Arrival at the first summit. Picnic and panoramic views of the town of Nkongsamba.
11h30: Return.
13h: Arrival at the hotel. Lunch.
15h: Return to Douala or continue towards Bafousam via:
- The Baté Pass (panoramic view over a magnificent landscape scattered with dwellings and winding roads).
- The town of Bandjoun (visit of the chieftainry - the largest one in the region - whose museum has a large collection of objets d'art).

Comments:
- The old castle of Maka is a 30 m (90 ft) high tower.
- The tunnel of Dibombari is 300 m (330 yards) long and was used as a bunker by German soldiers during the First World War.
- The Ekom-Nkam falls were used in the making of the film “Greytoe” (Tarza) starring Chistophe Lambert.
- Access to the Manengouba et Nkongsamba mountains is by 4X4 vehicle.
Establishments and information for tourists

Hotels

• HOTEL SAWA
  BP 2345 Douala
  Tel: 00(237) 33 42 44 41/
  33 42 12 24/33 42 06 66
  Fax: 33 42 38 71
  www.hotel-sawa.com
dotelssa@sahaweb.douala.com

• HOTEL AKWA PALACE
  BP 4007 Douala
  Tel: 00(237) 33 42 26 01/
  33 42 17 10/33 43 39 11
  Fax: 33 42 74 16
  resa@hotel.akwa_palace.com
  contact@hotel_akwa_palace.com
  www.hotel_akwa_palace.com

• HOTEL LE MERIDEN
  BP 3232 Douala
  Tel: 00(237) 33 42 61 36/
  33 43 50 00
  Fax: 33 42 35 07
  contact@lemeridiedouala.com

• HOTEL IBIS
  BP 12086 Douala
  Tel: 00(237) 33 42 36 05/
  99 99 99 43
  Fax: 33 42 36 06
  h0839 GM@accor.com

• SOMATEL HOTEL
  BP 17546 Douala
  Tel: 00(237) 33 43 66 95/
  33 43 66 65
  Fax: 00(237) 33 42 02 81
  somatele@yahaye.fr

• PLANETE HOTEL
  Douala
  Tel: 00(237) 33 43 31 31
  33 43 31 32

• HOTEL SERENA
  Douala
  Tel: 00(237) 33 42 37 74
  hotel_serena@yahoo.fr

• HOTEL VALLÉE DES PRINCES
  BP 6934 Douala
  Tel: 00(237) 33 40 37 45
  info@hotelvalléeedeprinces.com

• HOTEL MAKEPE
  BP 1685 Douala
  Tel: 00(237) 33 47 48 88/
  33 47 49 89
  makepepalace@yahoo.fr

• BANO PALACE AKWA
  B.P.12440 Douala
  Tel: 33 43 77 58
  Fax: 33 43 77 62

• HOTEL ROYAL PALACE BOUABERI
  BP 12714 Douala
  Tel: 33 39 34 26
  Fax: 33 39 34 31

• PIANO HOTEL AKWA
  BP 369 Douala
  Tel: 3343 08 32

Restaurants

• LES MANGROVES
  sur les bords du Wouri
  Tel: 99 84 55 57/99 81 77 17

• VILLAGE H
  Tel: 00(237) 33 40 01 01
  levillage@yahoo.fr

• MAJE SPECTACULAR
  Tel: 00(237) 33 40 14 14
  majecthesvipgroup@yahoo.com

• TONTON SAMY
  Tel: 00(237) 33 40 17 75/
  99 87 60 81
  tontonsamyarl@hotmail.com

• PECHE MIGNON
  BP 1985 Douala
  Tel: 00(237) 33 43 51 41

Tourist Agencies

• JANE TOUR
  Tel: 00(237) 33 08 32 32/33 04 77 47
  jane.tour@yahoo.fr

Useful Information

Ministry of Tourism Yaoundé
  Tel: (237) 22 24 44 11

The Regional delegation for the Littoral
  Tel: (237) 33 42 14 22

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

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Fax: (202) 387 3828
E-mail: camcam@ambcam.amba.org

NETHERLANDS
Amstelstraat N°14,25143C
La Haye
Tel: (3170) 346 97 15
Fax: (3170) 3652979

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 (123,500 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.