

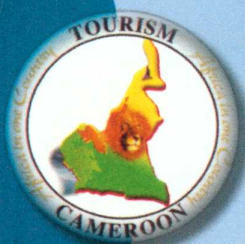


CAMEROON

LITTORAL

*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.*



THE LITTORAL REGION



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



abélé

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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-Edéa 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 Marienberg

In the sub-division of Dizangué, in the village of Marienberg, 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.



Mont
Kélar

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.

Tours, trips and excursions

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 Socapalm palm oil mill in Nkapa 30 km (20 miles) from Douala.

10h30: Arrival in Nkapa. Visit of the Socapalm palm groves and oil mill.

11h30: Departure for the Tangui village near Mbanga, 60 km (37.5 miles) from Douala on the N5 main road (tarred).

12h30: Arrival in the Tangui village. Visit of the fruit market of Djombé (tasting of local fruit and fruit 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 Loum and Manjo.

15h30: Arrival at the Moungo 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 Moungo Hotel for rest, dinner and the night.

Day 2

7h: Breakfast at the Moungo Hotel and departure for Mount Manengoumba via the villages of Eboué, Doung and Ndimbeng. Travelling in a 4X4 vehicle, 10 km (6 miles) of tarred track and 10 km (6 miles) of untarred track. Visit of two crater lakes, photo safari and picnic with refreshments brought from Nkongsamba.

12h: Departure from Mount Manengoumba for the Ekom-Nkam Falls driving along the untarred route between Mbanguem and Melong (2h). **13h30:** Arrival and visit of the Ekom-Nkam Falls of 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 "Greystoke" (Tarzan) starring Christophe Lambert.

15h30: Leave the falls to go to Nkongsamba travelling through the town of Melong and its coffee and various food crop plantations along a tarred road, 24 km (15 miles). **16h30:** Arrival at the Moungo Hotel, refreshments and rest.

19h30: Dinner and the night.

Day 3

7h: Breakfast in the hotel and departure in a 4X4 vehicle to climb Mount Nlonako, 1,800 m (5,400 ft) high, via Barresmtou - 5 km (3 miles) to the foot of the mountain.

8h: Ascension.

9h: Arrival at the first summit, picnic and refreshments brought from Nkongsamba, photo safari of the town of Nkongsamba and the landscape viewed from the mountain tops.

11h30: Descent and photo safari.

12h30: Arrival at the Moungo 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 Manga Bell aka the Pagoda in Bonanjo;

- The old Maka castle in Bonanjo;

- The monument to General Leclerc in Bonanjo;

- The small Naval building in Bonanjo;

- The Military medical centre;

- The port of Douala and the naval base on the River Wouri;

- The Catholic Cathedral of Saint Peter and Saint Paul in Akwa;

- The Church of the Centenary;

- The castle of Prince Dika Akwa 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 Bonabéri.

12-13h: Lunch with Cameroonian specialities.

13h: Departure for the following sites:

- Visit to the Douala craft market;

- Visit to the sculptor Kanté 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;

- Stroll along the beaches of the River Wouri and opportunity for swimming and water sports.

18h30: Return to the Sawa Hotel for a rest, dinner and the night.

Day 2

7h: Breakfast and departure for the island of Manoka, 2h trip by dugout from Youpvé.

9h: Arrival, visit of the island, an earthly paradise with picturesque scenery and unspoiled, fine, sandy beaches.

11h: Strolls 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.

End of tour.

Further information concerning the sites at Douala:

- The Palace of King Manga Bell aka The Pagoda in Bonanjo built in the Japanese style in 1905 by King Auguste Manga Ndoumbé is reputedly the most famous monument in Douala. In 1908 Rudolf Douala Manga Bell succeeded to the Bell

Chieftom, on the death of his father, and took possession of the palace;

- The castle of Prince Dika in Akwa contains monuments from all the different provinces of Cameroon;

- The Mosque in the Central market is the first mosque to have been built in Douala;

- The Mbopi, Deido and Central markets are very colourful and overflowing with wares;

- The small Naval building, in Bonanjo near the Post Office, nowadays used as a Police Station. It was here that Rudolf Douala Manga Bell was hanged;

- The military medical centre: Manga Bell and Ngosso were imprisoned here on the eve of their hanging;

- 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 Bonabéri - the first railway station to be built in Douala.

Tour

"Douala - Nkongsamba - Douala"

(3 day trip)

Departure point: Douala

Day 1

7h30: Breakfast in 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 tunnel.

10h: Departure from Dibombari to visit the Socapalm palm grove at Nkapa 30 km (20 miles).

10h30: Arrival at Nkapa. Visit of the palm grove and oil mill.

11h30: Departure from Nkapa for the Tangui village near Mbanga, 60 km (37.5 miles) from Douala on the tarred N5 road.

12h30: Arrival in the Tangui village. Visit of the "Tangui" mineral water factory. Visit of the fruit market in Njombé (tasting of local fruit and fruit juice).

13h30: Lunch in Djombé.

14h30: Continuation to Nkongsamba via the towns of Loum and Manjo.

15h30: 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 Manengoumba via the villages of Eboué, Ndoungé and Ndimbeng, 10 km (6 miles) of tarred road and 10 km (6 miles) of untarred road.

Visit of the two crater lakes there and picnic (cold meal) 3 hours.

12h: Departure from Mount Manengoumba to the Ekom-Nkam Falls. 2 hour journey on untarred road between Mbanguem 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.

19h30: Dinner and the night.

Day 3

7h: Breakfast at the hotel and departure for Barresmtou, distance 5 km (3 miles), at the foot of the mountain, for the ascension of Mount Nlonako, 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.

12h30: Arrival at the hotel. Lunch.

15h: Return to Douala or continue towards Bafoussam via:

- The Batié Pass (panoramic view over a magnificent landscape scattered with dwellings and winding paths);

- 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 "Greystoke" (Tarzan) starring Christophe Lambert;

- Access to the Manengoumba and Nlonako 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.hotelsawa.com
hotelsawa@hotelsawa.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 MÉRIDIEN**
BP 3232 Douala
Tel : 00(237) 33 42 61 36/
33 43 50 00
Fax: 33 42 35 07
contactuf@lemeriendouala.com
- **HOTEL IBIS**
BP 12086 Douala
Tel: 00(237) 33 42 36 05/
99 99 99 43
Fax: 33 42 36 05
ho839_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
somatella@yahoo.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@hotelvalleedesprinces.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 12449 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 349 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) 96 10 01 00
levillageh@yahoo.fr
- **MAJESTIC**
Tel: 00(237) 33 40 41 41
majesticindustrygroup@yahoo.fr
- **TONTON SAMY**
Tel: 00(237) 33 40 37 75/
99 87 60 61
tontonsamysarl@hotmail.com
- **PECHE MIGNON**
BP 1985 Douala
Tel : 00(237) 33 43 25 41

Tourist Agencies

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

- **TROPIC LINES**
Tel: 00(237) 33 42 40 37/
75 38 58 71
Fax 33 43 78 18
- **TANGANI VOYAGES** Douala
Tel: 00(237) 33 43 46 04/
77 78 08 55
tangani_voyages@yahoo.fr
- **SAGAVOYAGES** Douala
Tel: 00 (237) 33 42 33 17/
33 42 96 91/33 42 31 98
beatrice.bocamallo@bollone.com
- **SOUAD VOYAGES** Douala
Tel: 00(237) 33 42 66 76/
99 96 19 54
Fax: 33 42 02 34
ndolo_catherine@yahoo.fr
- **ALLONS-Y** Douala
Tel: 33 43 89 09/99 12 98 00
allonsy@hotmail.com
www.allonsy.org
- **SDV** Douala
Tel: 00(237) 33 42 68 89/
33 42 11 84/99 93 70 35
doris.bihina@bollone.com
- **ULLY VOYAGES** Douala
Tel: 00(237) 33 42 32 09/
33 02 86 02/77 49 95 04
www.jullyvoyages.com
info@jullyvoyages.com
- **CAMEROUN HORIZON** Douala
Tel: 00(237)33 42 94 24/
99 91 07 13
info@camerounhorizon.com
www.cameroun_plus.com
- **ATM** Douala
Tel : 00(237) 33 43 81 72/
77 68 66 68

Air Companies

- **CAMAIR-CO** Douala
Tél. : 00(237) 33 50 55 00
- **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 Littoral
Tel: (237) 33 42 14 22
Fax: (237) 33 42 11 91

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 Massachusetts
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) 3652979

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.