

A photograph of a traditional thatched-roof hut by a lake with a man in the foreground. The man is wearing a hat with a feather and a striped shirt, holding a wooden staff. The background shows a calm lake and green hills under a clear sky. The image is partially obscured by a large orange graphic on the left side.

CAMEROON

NORTH-WEST

Situated at an average height of 1.550 m (4,650 ft) above sea-level, the North-West is a region of high plateaus dominated by a mountain range which culminates in the Oku Mountains at an altitude of over 3.000 m (9,000 ft).

Its relief is covered in grassland offering a captivating spectacle characterised by the panoramic contrast between plains surrounded by mountain ranges, and deep valleys which sometimes shelter rivers whose flow is interrupted by waterfalls and numerous crater lakes.





Apart from the rainy season (from July to October), for the rest of the year the region has an agreeable climate to offer, ideal for travelling, warm and mild with temperatures averaging around 22°C. Bamenda, the main built-up area and regional capital, is a modern yet traditional city. It is an important commercial centre and crossroads. One road 350 km (220 miles) long, known as the Ring Road, allows visitors to admire the region in all of its diversity: from traditional chiefdoms, landscapes, lakes and waterfalls to wildlife reserves, etc.

The Division of Mezam

LAKES AND WATERFALLS

Lake Awing

In the sub-division of Santa, 7 km (4,5 miles) from the Santa-Bamanda road and 6 km (3,5 miles) from Santa. Crater lake of interest to tourists.

MONUMENTS AND CHIEFDOMS

The Chiefdom of Bali

In the town of Bali, 20 km (12,5 miles) from Bamanda

Large traditional chieftainry, cradle of popular culture in the region.

The Chiefdom of Bafut

In the sub-division of Bafut, about 20 km (12,5 miles) from Bamenda on the road to Wum

Traditional chieftainry with a mixture of colonial and native architecture.

The Palace of Laikom

Houses the impressive statue of Afo'Akum. Important cultural site.

The Fortress of Bamenda

In Bamenda, in the residential quarter (Up Station)

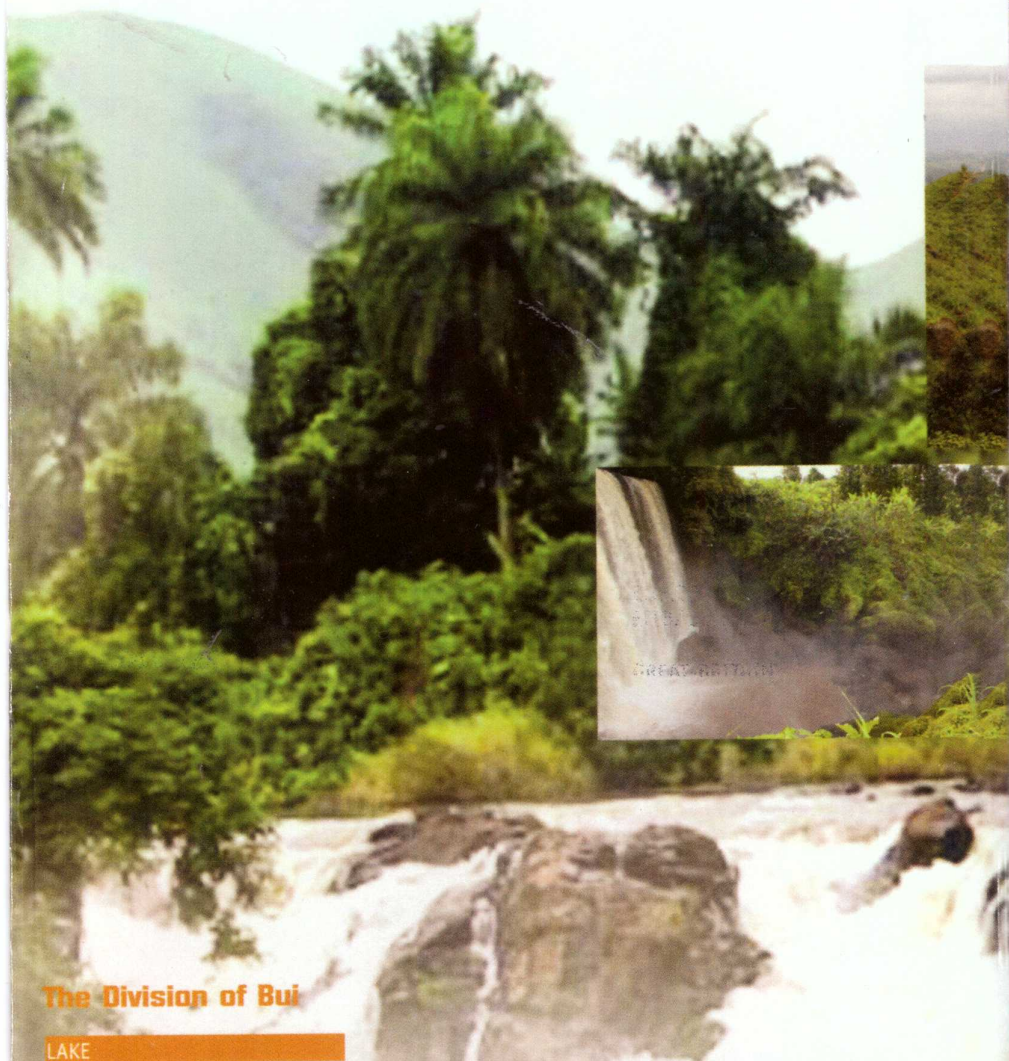
The former colonial building now houses administrative services.

OTHER SITES

The Craft Centre

In Bamenda

Contains a rich collection of artefacts which reflect the culture of the ancient peoples of the region.



The Division of Bui

LAKE

Lake Oku

In the sub-division of Oku

Crater lake of interest to tourists.

One of the resources of the Kilum Reserve.

MOUNTAIN

Mount Kilum

In the sub-division of Oku

The second highest summit in Cameroon and West Africa, more than 3.000 m (9,000 ft) high. At the summit the Kilum Reserve is to be found.

RESERVES AND NATIONAL PARKS

The Oku Reserve

In the sub-division of Oku

Forestry reserve endowed with a wide variety of endemic species of plants.

The WWF and UICIN are paying particular attention to this reserve in the realm of ecotourism development.

The Division of Menchum

WATERFALLS, LAKES AND CASCADES

The Menchum Falls

In the sub-division of Oku

Situated 20 km (12,5 miles) from Wum on the Bamenda-Wum road and visible from the road. Picturesque waterfalls approximately 30 m (90 ft) high.

The Menchum Cascades

Situated 20 km (12,5 miles) from Wum on the Bamenda-Wum road and visible from the road. Splendid cascades which precede the falls of the same name.

Lake Wum

In the town of Wum just behind the Prefet's

(Divisional Officer's) Residence

Crater lake of interest to tourists.

The Division of Ngo Ketunja

MONUMENTS AND CHIEFDOMS

The Chieftdom of Babessi

In the sub-division of Babessi

Large chieftainry endowed with a museum with a fine collection of artefacts.

LAKE

Lake Bambalang

In the sub-division of Balikumbat

Reservoir created by the Bamenji Dam, of interest to tourists.

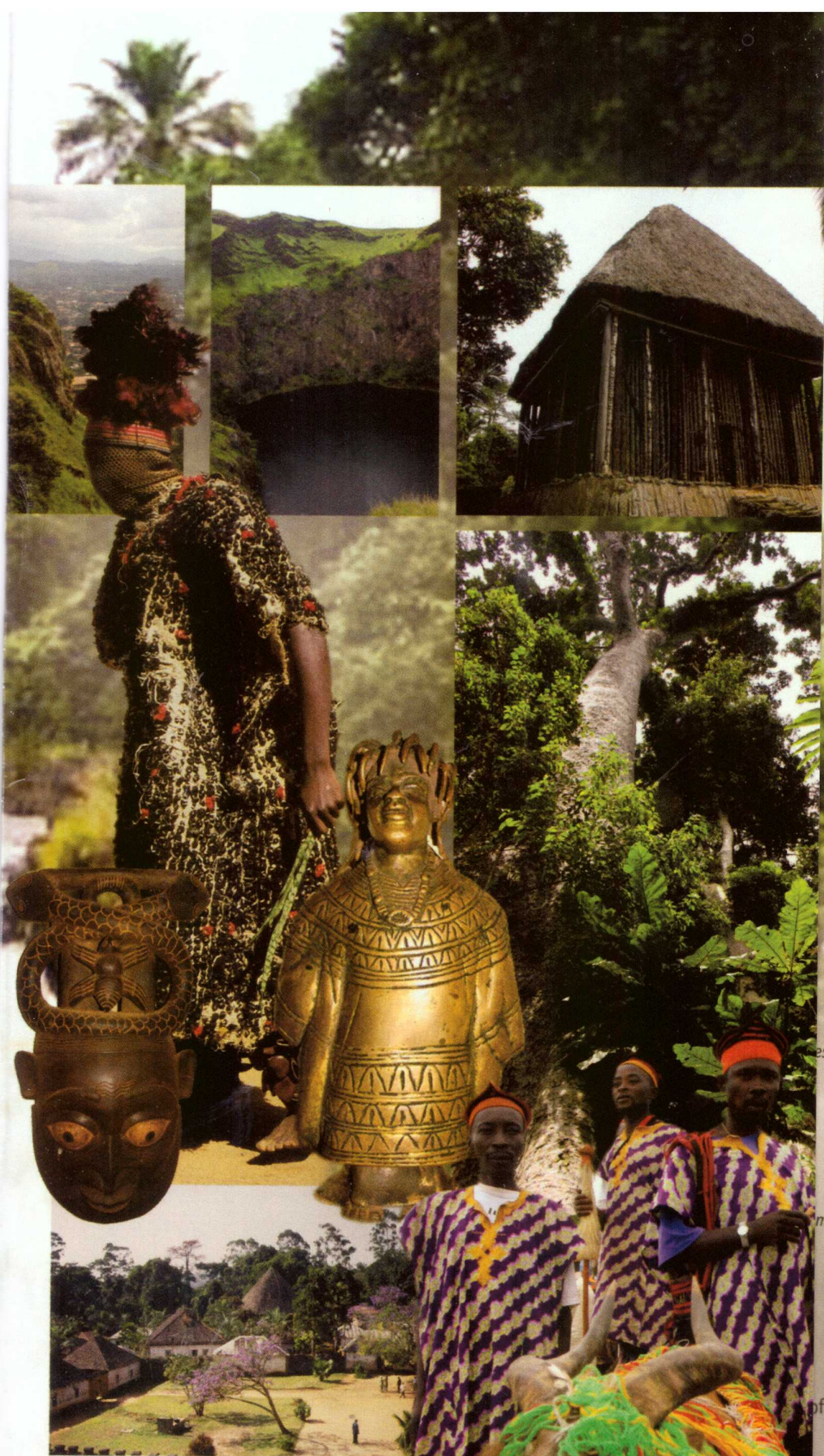
Part of a tourist development project headed by the local authorities.

CHIEFDOMS

The Laikom chieftdom

In the sub-division of Fundong

Large traditional chieftainry of famous tourist repute.



OTHER SITES

Ring Road

Throughout the Region, between Bamenda and Fundong

This winding road offers up fantastic, panoramic views of the surrounding scenery

The Division of Donga Mantung

OTHER SITES

The Ndu Tea Plantation

In the sub-division of Ndu

Interesting site for agro-tourism.

Tours, trips and excursions



"The North-West in 6 days"

Departure point: Bafoussam

Day 1

9h: Departure for Bamenda on tarred road, 90 km (56 miles), 3 hours with stops at the following places:

- 4 km (2.5 miles) from Bafoussam to visit the Metche falls (visible from the side of the road);
- In Mbouda to visit the town and the roadside market.

12h: Arrival in Bamenda, installation in the Ayaba Hotel. Lunch.

15h: Tour of the city of Bamenda (central market, the craft centre, the colonial fortress of Up-Station which now houses the administrative services, the provincial museum and the Fon de Mankon chieftainry).

18h: Return to the hotel, dinner and the night.

Day 2

8h: Breakfast at the hotel and departure for the Chiefdom of Bali, 20 km (12.5 miles) of tarred road, traditional chieftainry - birthplace of culture in the region.

11h: Return to the hotel, lunch and rest.

14h: Departure to visit Lake Awing near Santa, 7 km (4.5 miles) from the tarred Bamenda-Santa road, picnic and photo safari.

18h30: Return to the hotel, rest, dinner and the night.

Day 3

7h: Breakfast and departure for Wum via the Ring Road, 116 km (72.5 miles) of untarred road with stops and visits of the following sites:

- The Chieftainry of Bafut (Bafut Fon's Palace), 16 km (10 miles) from Bamenda;
- The superb Menchum cascades, 65 km (40.5 miles) from Bamenda and 20 km (12.5 miles) from Wum, close to the roadside.

12h: Arrival in Wum, installation in a hotel on the main square, meal and rest.

15h: Visit of the town of Wum and Lake Wum.

Day 4

7h: Breakfast and departure for Nkambé via the Ring Road, 116 km (72.5 miles) on untarred road with stops and visits of the following places:

- Lake Nyos, crater lake, 78 km (50 miles) from Wum;
- The Forestry Reserve at Kimbi, 100 km (62.5 miles) from Wum off the Wum-Nkambé road; photo safari.

11h30: Arrival in Nkambé, installation in a hotel not far from the main square, meal and rest.

15h30: Visit of the town (colonial buildings and a very colourful market), photo safari.

18h: Return to the hotel, rest, dinner and the night.

Day 5

7h: Breakfast and departure for Kumbo via the Ring Road, 60 km (37.5 miles) untarred road, with stops at the Ndu tea plantations and production plant, 15 km (9.5 miles) from Nkambé, interesting site for agro-tourism.

9h: Arrival in Kumbo and visits of the following sites:

- The Fon de Kumbo Palace - traditional chieftainry;
- Mount Kilum, 30 km (20 miles) from Kumbo on untarred road. 2nd highest summit in Cameroon;
- The Forestry Reserve at Oku which houses the Kilum-Jim economic project headed by the WWF and the UICIN;
- Lake Oku situated in the Forestry Reserve of Oku. Photo safari.

13h: Meal at the "Tourist Home Hotel" (1*) in Kumbo, rest and departure for Bamenda via the Ring Road, 109 km (70 miles), 3h, with stops and visits of the following:

- Ngoketunja Hills in Ndop, 64 km (40 miles) from Kumbo, 2h, picturesque scenery.
- The Plain of Dop and its rice paddies;
- Lake Bambalang at Ndop, 20 km (12.5 miles) off the Ndop-Bamenda road. Photo safari.

18h30: Arrival in Bamenda, installation at the Ayaba Hotel, rest, dinner and the night.

Day 6

8h: Breakfast at the hotel, shopping in the central market of Bamenda and return to Bafoussam.

Further Information:

- The Metche waterfalls are very spectacular and fall off a basalt table from a height of 20 m (60 ft).
- The traditional chiefdoms of the North-West, headed by "Fons" are sacred places for the conservation of local traditions and culture.
- All along these tourist routes, the beauty and diversity of the landscape and the different cultures of the region contribute to make this a most memorable journey.
- The market in Bamenda, rich in local colour is overflowing with varied local produce: Loincloths, handicrafts, fruit and other exotic produce.

Establishments and information for tourists

Hotels

- **AYABA HOTEL**
B.P. 315 Bamenda
Tél : 33 36 13 21
Fax : 33 36 31 19
- **AZAM HOTEL**
BP 386 Bamenda
Tél: 00(237) 33 36 36 32/
33 36 35 19/70 65 61 09
- **MONDIAL HOTEL**
BP 09 Bamenda
Tél: 00(237) 33 36 18 32/
77 93 83 78
- **PEN PAN PACIFIC HOTEL**
BP 985 Bamenda
Tel : 96 65 10 22

Restaurants

- **DREAM LAND RESTAURANT**
BP 417 Bamenda
Tél: 00(237) 33 36 31 51/
77 64 79 00

Travel Agencies

- **TEGASUH TRAVEL**
BP 03 Njinikom
Tél: 00(237) 33 36 16 34/
77 43 35 11
- **ZWINKELS TOURS CAMEROUN**
BP 134 Bamenda
Tél: 99 47 87 90/ 99 31 59 87/
99 77 07 15

Air Companies

- **AIR FRANCE**
BP 4076 Douala
Tél: 00(237) 3350 15 15
- **AIR IVOIRE**
Douala
Tél: 00(237)33 42 0695/
33 42 05 85
- **AIR MALI**
Douala
Tél: 00(237) 99 98 11 66
- **ANGOLA AIRLINES TAAG**
Douala
Tél: 00(237) 33 42 20 01
- **BRUSSELS AIRLINES**
BP 2074 Douala
sales.douala@brusselsairlines.com
Tél: 00(237) 33 42 05 15/
33 42 72 03
- **ETHIOPIAN AIRLINES**
BP 1326 Douala
Tél: 00(237)33430246/
33 43 02 64/33 43 37 30
- **KENYA AIRWAYS**
Douala/ Yaoundé
Tél: 00(237) 33 43 94 99/
22 22 23 31
- **ROYAL AIR MAROC**
BP 158114 Yaoundé
Tél: 00(237)22 23 09 89/
22 23 09 93 /33 42 38 24
- **SOUTH AFRICAN AIRWAYS**
BP 4911 Douala
amscameroon@yahoo.com
Tél: 00(237) 33 43 07 51/
33 43 07 58 /79 53 06 06 /
79 53 06 56
- **SWISS + AIRLINES**
BP 2959 Douala
Tél: 00(237) 33 42 29 29
- **AFRIKYA AIRWAYS**
Tél 00(237)33 43 12 10
- **AIR SERVICE**
Douala
Tél: 00(237) 33 42 92 31/
33 11 75 42
resadla@airservice.aero
- **AIR LEASING**
BP 1725 Douala
Tél: 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
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www.mintour.gov.cm
ctourisme@yahoo.fr

The Regional Delegation for the North-West

Tel: (237) 33 36 13 21
33 36 13 95

Tourist Information Bureau for Europe

26, rue de Longchamp
75016 Paris
Tél: (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
Tél: (44) 2077270771
Fax: (44) 2077929353

FRANCE

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75116 Paris
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Fax: (0033) 01 46 51 54 52

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Fax: 238 29 67

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2349 Massachusetts
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Washington DC 20008
Tél: (202) 265 8790
Fax: (202) 387 3828
E-mail: cdm@ambacam.usa.org

NETHERLANDS

Amaliestraat N°14.2514JC
La Haye
Tél: (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.