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 Museum of Mzam

LAKES AND WATERFALLS

Lake Awing
In the sub-division of Santa, 7 km (4.5 miles) from the Santa-Bamenda road and 6 km (3.5 miles) from Santa. Crater lake of interest to tourists.

MONUMENTS AND CHIEFDOMS

The Chieftdom of Bali
In the town of Bali, 20 km (12.5 miles) from Bamenda. Large traditional chieftainry, cradle of popular culture in the region.

The Chieftdom 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'Akom. 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 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 Chiefdom 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 Batukumbat
Reservoir created by the Bamenji Dam, of
interest to tourists.
Part of a tourist development project headed
by the local authorities.

Chiefdoms

The Laikom Chiefdom
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.
"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 chieftaincy).
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 chieftaincy - 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 Chiefdom 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 Nkumbé 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-Nkumbé road; photo safari.
11h30: Arrival in Nkumbé, 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 Nkumbé, interesting site for agro-tourism.
9h: Arrival in Kumbo and visits of the following sites:
- The Fon de Kumbo Palace – traditional chieftaincy;
- Mount Klimu, 30 km (20 miles) from Kumbo on an 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" (**) in Kumbo, rest and departure for Bamenda via the Ring Road.
109 km (70 miles), 3h, with stops and visits of the following:
- Ngoketunjia 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 chieftomies 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
  Tel: 33 36 13 21
  Fax: 33 36 31 19

- **AZAM HOTEL**
  B.P. 386 Bamenda
  Tel: (00(237) 33 36 36 32/
  33 36 35 18/07 65 61 09

- **MONDIAL HOTEL**
  B.P. 09 Bamenda
  Tel: (00(237) 33 36 18 32/
  77 93 83 78

- **PEN PAN PACIFIC HOTEL**
  B.P. 985 Bamenda
  Tel: 96 65 10 22

Restaurants

- **DREAM LAND RESTAURANT**
  B.P. 417 Bamenda
  Tel: (00(237) 33 36 31 51/
  77 64 79 00

Travel Agencies

- **TEGASIH TRAVEL**
  B.P. 03 Nkongsamba
  Tel: (00(237) 33 36 16 34/
  77 43 38 11

- **ZWINKELS TOURS CAMEROUN**
  B.P. 134 Bamenda
  Tel: 99 47 87 90/ 99 31 59 87/
  99 77 07 15

Air Companies

- **AIR FRANCE**
  BP 4076 Douala
  Tel: (00(237) 33 38 10 15/15

- **AIR IVORIE**
  Douala
  Tel: (00(237) 33 42 0695/
  33 42 05 85

- **AIR MALI**
  Douala
  Tel: (00(237) 33 42 20 01

- **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) 33 43 30 264/
  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
  amscameroun@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 42 12 10

- **AIR SERVICE**
  Douala
  Tel: (00(237) 33 42 92 33/
  33 11 75 42
  resaia@airservice.aero

- **AIR LEASING**
  BP 1725 Douala
  Tel: (00(237) 33 43 69 60/
  33 13 08 71/99 45 07 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.mintous.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
  Tel: (33) 01 45 05 96 48
  Fax: (33) 01 47 04 49 96
  www.cameroon-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: (00(33) 01 47 43 98 33
  Fax: (00(33) 01 46 51 54 52

- **CANADA**
  170, Clemov Av KIS 234 Ottawa,
  Ontario
  Tel: 156 22 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@mbamcam.usa.org

- **NETHERLANDS**
  Amstelstraat N°14,2514JC
  La Haye
  Tel: (3170) 346 97 15
  Fax: (3170) 365 29 79

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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 touristic industry. The following business opportunities are available:

- the construction of large tourist complexes on the Atlantic coast: marinas, seaside resorts and holiday villages;
- 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.