

CAMEROON

WEST

Richly endowed by nature, the West has often been compared to the Auvergne region of France. It is a region of valleys through which fine rivers flow to be interrupted only by waterfalls.

The West offers up a rise of round-topped mountains, the heritage left by extinct volcanoes.

The climate here is temperate and in certain health resorts, such as Dschang and Bangou, the average annual temperature recorded is 20°C.

THE WEST REGION



A land of culture and tradition, the West is characterised by the richness of its craftsmanship which takes many varied forms: clay pipes, earthenware utensils, figurines, copper masks, stools decorated with beads and the Bamiléké dancers in their picturesque costumes. Fomfong is the heart of Cameroonian handicrafts.

The Division of La Méroua

FALLS, CASCADES, LAKES AND BEACHES

The Mami-Wata Fall

In the sub-division of Dschang, the Fongo-Tongo group in the village of Apouh
A 56 m (170 foot) drop.

A valley shaped like a basin covered by a sacred forest. Traditional native huts.

The Metche Falls

In the sub-division of Penka Michel, 4 km (2,5 miles) from Bafoussam off the Bafoussam-Mbouda road

These very spectacular falls 20 m (60 ft) high flow off a basalt table. Upstream is a sacred place covered in forest, downstream a spawning ground. A popular destination with tourists.

The Kigang Cascades

In the sub-division of Dschang, 5 km (3 miles) from the town of Dschang
A well-frequented tourist site.

The Municipal Lake of Dschang

Near the town of Dschang
A tourist site well worth the visit.
A project to develop the lake into a leisure centre is underway headed by the Mayor of Dschang.

PEAKS, MOUNTAINS AND GROTTO

Neygang Peak

In the sub-division of Fokoué in the village of Fontsa Toula, 20 km (12,5 miles) from the town of Dschang

A picturesque mountain from whose summit there is a panoramic view of the Mungo Mountains. Interesting tourist site.

Mount Mete

In the sub-division of Fokoué
Large rock formation, from the peak of which a palm tree emerges. Interesting tourist site.

Santchou Cliff

Off the road from Dschang to the plain of Mbo
A large cliff typical of the area, with luxurious plant growth and dwellings clinging to the hillsides. Very picturesque tourist site.

The Fongo-Tongo Rocks

15 km (9,5 miles) from the town of Dschang
An imposing trachyte rock formation surrounded by a varied landscape of rolling hills and deep, narrow valleys. Site of natural beauty.

CHIEFTAINRIES, MONUMENTS AND PALACES

The Foto Chieftainry

In the town of Dschang
A chieftainry with a courtyard made up of native huts.

Health Resort of Dschang

In the town of Dschang
A tourist complex spread over 10 ha (25 acres).
A typical lodge with 50 bedrooms set at 1440 m (4,720 feet), built in 1942 to house French officers who could not return home to Europe because of the Second World War. Agreeable climate in an enchanting setting.

A very popular tourist site, the jewel in the crown of tourism in West Cameroon.

Bamiléké Huts in Dschang Market

In the town of Dschang
The market place in Dschang is symbolised by three traditional huts with conic roofs which resemble mushrooms and reflect the traditions of the Bamiléké people.

Dschang Craft Centre

Dschang market place
A wide range of regional craftsmanship.

OTHER SITES

The Djutitsa Tea Plantation

20 km (12,5 miles) from the Dschang-Bafoussam road and 4 km (2,5 miles) from the Dschang-Mbouda road
Very spectacular setting nestling in a gorge of the Western Mountains with panoramic views.
Interesting site for agricultural tourism.

The Division of Upper Nkam

FALLS, CASCADES, LAKES, DAMS AND BEACHES

The Mouanko Falls

1 km (half a mile) from the town of Bafang close to the road to Douala
Very spectacular falls, height 40 m (120 ft), surrounded by forests.
A very popular tourist attraction.

Bakondji Fall

In the division of Upper Nkam
Interesting tourist site.

Tchanko Fall

In the division of Upper Nkam
Interesting tourist site.



Banka Fall

*In the sub-division of Bafang
Interesting tourist site.*

Batcha Cascades

*In the division of Upper Nkam
Interesting tourist site.*

PASSES

The Bana Pass

*In the sub-division of Bana, 5 km (3 miles) from the town of Bana on the Bangangté road
A site of outstanding natural beauty at a height of 1.800 m (5.400 ft).*

Fotouni Pass

*In the sub-division of Bandja
Interesting tourist site.*

Batcha Pass

Part of the magnificent Bangou, Batchingou, Batcha mountain range to the east of the Bangangté-Bafang route that culminates in the Bana Pass.

MOUNTS AND GROTTOS

The Banwa Grottos

Interesting tourist site.

The Mboeto Grottos

The division of the Bamboutos

FALLS AND CASCADES

The Sincoa Falls

*In the division of the Bamboutos
Interesting tourist site.*

MOUNTAINS

The Bamboutos Mountains

*In the sub-division of Babadjou
A mountainous range culminating at a height of 2.740 m (8.220 ft). A panoramic view over the Western region. Often used for climbing competitions. Possibility for ecotourism development.*

The Division of Mifi

FALLS, LAKES AND CASCADES

The Bakelac Falls

*In the sub-division of Baleng
Interesting tourist site.*

All of these sites are exploited by the rural community of Lafé in the sub-division of Baleng.

Lake Baleng

*In the sub-division of Baleng
Crater lake of interest to tourists, with a large duck population.*

Lake Doupé

*In the sub-division of Baleng
Crater lake of interest to tourists.*

Lake Ghanka

*In the sub-division of Baleng
Crater lake of interest to tourists.*

Lake Takouche

*In the sub-division of Baleng
Crater lake of interest to tourists.*

MOUNTS, ROCKS AND GROTTOS

The Ndessi Nekang Grottos

*10 km (6 miles) from Bafoussam in the sub-division of Bamongaum
Refuge for the river peoples during the tribal wars. 15 m (45 feet) up in a gallery forest, with a sheet of water falling like a curtain. Place highly steeped in tradition.*

CHIEFTAINRIES AND MONUMENTS

The Baleng Chieftainry

*In the sub-division of Baleng
The first Bamileké chieftainry set up in the region.*

The Bafoussam Chieftainry

*In the town of Bafoussam
Cradle of this sub-division's culture. Popular with visitors.*

The Division of Koung-Khi

FALLS AND LAKES

Lake Bugam

*In the sub-division of Bandjoun
A picturesque lake.*

The Source of Mefo Meku

*In the sub-division of Bandjoun
A miraculous spring used by Queen Meku to cure the sick.*

MOUNTAINS

The Kala Mountains

*In the sub-division of Bayangam
A very picturesque ancient mountain range containing freshwater springs and small crater lakes.*

The Ngang Batoufam Rock

*In the sub-division of Bandjoun
A picturesque rock of interest to tourists.*

The Kafu Hills

*In the sub-division of Bandjoun
Very picturesque hills overlooking the plain of Noun.*



CHIEFTAINRIES

The Bandjoun Chieftainry

In the sub-division of Bandjoun

Very important chieftainry, renowned for its richly dotted royal museum, its development and the organisation of this tourist site. Very popular with visitors who are confronted here with a mixture of traditional culture and modern civilisation.

The Division of Ndé

FALLS, LAKES AND CASCADES

The Batoum Falls, The Pendou Falls and the Nde Falls

are all of interest to tourists.

The Ntaveu Falls

Magnificent falls 24 m (72 feet) high separated in 9 fringes surrounded by a forest gallery.

The Chehanzewe Falls

In the sub-division of Bangangté, 15 km (10 miles) from the town of Bangangté and 2 km (1,25 miles) from the main road between Bangangté and Bafoussam in the village of Bangoua

Very impressive falls which form a very picturesque site with the Loukik rock. A place that used to terrify young girls who disobeyed.

CHIEFTAINRIES

The Bangoua Chieftainry

In the village of Bangoua 15 km (10 miles) from Bangangté on the Main Bangangté-Bafoussam road
Rich cultural treasures. An important royal museum containing the Queen's mask of international repute.

The Division of the Highlands

PASSES AND GROTTOS

The Batié Pass

One of Cameroon's most famous passes. At the highest point 1.600 m (4.800 feet), there is a tourist centre which has wonderful panoramic views over the whole region.

The Fovu Grotto

In the sub-division of Baham

Rock with grottos of interest to the public. A sacred place for the Baham.

CHIEFTAINRIES

The Bangou Chieftainry

In the sub-division of Bangou

Remains of the first car bought and driven by a Bamiléké chieftain.

The Division of Noun

FALLS, LAKES AND CASCADES

Lake Nfou

8 km (5 miles) from the town of Foumbot

A crater lake at an altitude of 1.990m (5.970 feet).

Deeply ensconced, its sides with sharp peaks up to 200 m (600 feet) high. Very picturesque setting in an enchanting landscape.

Lake Petponou

30 km (20 miles) from the main Foumbot-Foumban road

An enchanting crater lake of easy access with a total surface of 100 ha (250 acres).

Tourist development is underway with accommodation including 8 rooms, riding facilities, water sports and fishing.

Lake Nguouendam

In the sub-division of Kouoptamo

Crater lake of interest to tourists.

Lake Forouogain

In the sub-division of Magba

Crater lake of interest to tourists.

Matapit and Kip Lakes

In the sub-division of Foumban

Crater lake of interest to tourists.

MOUNTAINS

Mount Mbapit

In the sub-division of Foumbot

Mountainous range which runs down to the plain of Noun. A very picturesque and attractive area.

CHIEFTAINRIES

The Sultan's Palace

In the town of Foumban

Built by the Sultan Njoya in 1917, a veritable work of art of international renown. Besides its particularly splendid architecture, it contains a richly dotted museum reflecting the history of the Bamoun people. Besides the Sultan's Palace, the town of Foumban can also boast of a craftsmen's alley where Bamoun craftsmanship based on bronze sculptures and a public museum are to be found.

Excursions

"Discover the land of the "Grassfields" in West Cameroon" (5 day trip)

Departure point: Yaoundé

Day 1

7h: Breakfast at the Mount Fébé or Hilton (5*) Hotel. Departure for Bafoussam via Bafia (tarred road, 300 km / 190 miles, 4h).

8h30: Stop in Ebebeba at the meeting point of the River Sanaga and its tributary the Mbam after the bridge over the Sanaga; small-scale sand excavation.

10h: Continuation with a stop at Ombessa, (10 km / 6,25 miles before Bafia). A locality with a rich production of very varied fruit. Then on to Makénéné.

11h30: A visit to the market and light lunch (BBQ and light refreshments.)

12h: Departure to Bafoussam with a halt there.

13h30: Visit to the Chahandzom Falls

14h30: Departure for Bafoussam with a stop over at the Bangoua chieftainry.

15h: Visit to the Victor Fotso University Institute and the Bandjoun chieftainry (the most important in the region renowned for its museum and its rich collection of works of art).

17h30: Arrival in Bafoussam. Settling in at the Sarre Residence Hotel (2*) Rest, dinner and the night

Day 2

7h: Breakfast and departure for Foumban via Foubot (tarred road, 70 km / 45 miles, 1h30)

8h30: Arrival and settling in at the Baba Hotel (2*) and visits to the following sites:

- the Palace of the Kings of Bamoun, (veritable work of art), built by the Sultan Njoya in 1917, and the royal museum with its rich collection reflecting the history of the Bamoun people;

- the craft village with its wide variety of craftsmanship.

13h: Return to the hotel for lunch and a rest.

15h: Visits to the mosque, the Court of Balafon, the trenches, the mineral water spring, Foumban market (the big market day is on Thursday) the Bororo village of Didango I, the cattle market at Tayandi (every Wednesday).

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

Day 3

7h: Breakfast and departure for Foubot with a halt at: Mount Mbapit (very attractive and picturesque mountain range which runs down to the plain of Noun and

- Lake Nfou a crater lake 8 km (5 miles) from the town of Foubot;

- Lake Petponou 30 km (20 miles) from the main Foumban-Foubot road, a crater lake with easy access and a total surface of 100 ha (275 acres);

- the town of Foubot (the local market full of local produce - Sunday is the big market day), the tomato factory, the flour factory;

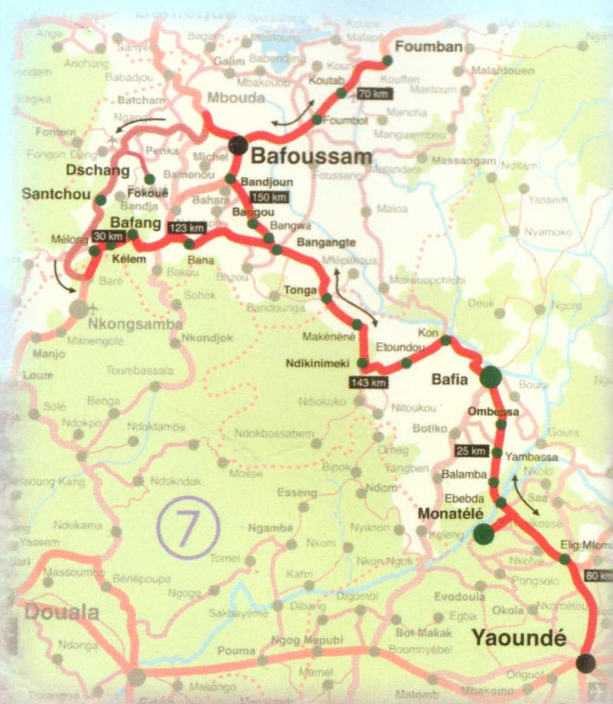
13h: Arrival at Bafoussam, lunch and visits to the following sites:

- the Bafoussam Chieftainry;

- the central market;

- Lake Baleng, a crater lake with a large duck population.

17h: Departure for Dschang by tarred road (40 km / 25 miles, 1h) with a stop 4 km (2,5 miles) from



Bafoussam to visit the very spectacular Metche Falls which come crashing down 20 m (60 ft) high off a basalt table.

18h: Arrival and settling in at the health resort in Dschang for dinner and the night.

Day 4

8h: Breakfast and visits to the following sites:

- the University of Dschang;
- the market with its Bamiléké native huts at the main entrance;

- the craft centre;

- the Lingang Cascades;

- the market at Fongo Tongo;

- the Mami-Wata Falls;

13h: Return to the health centre. Lunch and rest.

14h30: Visits to the following sites:

- the Foto Chieftainry;

- the Lépé Falls;

- the Djutitsa tea plantations and the tea factory;

- the varied food crop productions of Djutitsa;

- the Bafou Chieftainry;

- the Bridge of Pleasure over the municipal lake of Dschang.

18h: Return to the health centre for a rest, dinner and the night.

Day 5

7h: Breakfast and departure for Yaoundé via:

- the Foréké Dschang cliffs (10 km / 6 miles);

- the spectacular Mbos plain stretching for over 40 km (25 miles);

- the market at Kekem (BBQ and refreshments);

- the Mouankeu Falls, 40 m (120 ft) high situated in a gallery forest 1 km (half a mile) from Bafang;

- the picturesque town of Bafang.

12h: Lunch at the Cliff Hotel followed by continuation of the route to Yaoundé via:

- the Bana Pass with very spectacular, panoramic views of the luxurious countryside;

- the magnificent Ntaveu Falls: 24 m (72 feet) high, the waterfall divides into 9 fringes like curtains surrounded by a wooded gallery;

- the town of Banganté;

- the Ntonga crossroads market;

- the town of Makénéné;

- the town of Bafia.

18h30: Arrival in Yaoundé and end of the trip.

Comments:

All along the trip the tourist may:

- observe the diversity of the landscape (an alternance of mountains, plains, forests and gallery forest);

- discover a wide variety of culture (traditional dances, popular festivals such as the "funerals" from November to March and works of art);

- discover the vast plantations of various food crops which supply the major towns in the Cameroon and the Central African sub-continent (root crops, tea, coffee, cocoa, fruit and vegetables).

Establishments and information for tourists

Hotels

- **HOTEL LA FALAISE**
BP 140 Bafang
Tel : 33 48 63 13
- **MANOIR HÔTEL**
Tel: 00(237) 33 03 14 94/
33 44 61 81/33 44 43 46
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- **BANA TOURIST CENTRE**
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Air Companies

- **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
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- **ETHIOPIAN AIRLINES**
BP 1326 Douala
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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
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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
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- **AIR LEASING**
BP 1725 Douala
Tel: 00(237)33 43 69 60/
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Useful information

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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.