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.
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. Foumban is the heart of Cameroonian handicrafts.

The Division of La Ménoua
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-Mbundo 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 under way headed by the Mayor of Dschang.

PEAKS, MOUNTAINS AND GROTTOES

Neygang Peak
In the sub-division of Fokoué in the village of Fontoula, 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 luxuriant plant growth and dwellings clinging to the hillside. Very picturesque tourist site.

The Fongo-Tongo Rocks
15 km (9.5 miles) from the town of Dschang. An imposing tuff rock formation surrounded by a varied landscape of rolling hills and deep, narrow valleys. Site of natural beauty.

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 spreadover 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 conical 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-Mbundo 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 (0.5 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.
**Banaka 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 GROTTOES**  

**The Banwa Grottos**  
Interesting tourist site.  

**The Mboeto Grottos**  
Interesting tourist site.  

**The division of the Bamboutos**  

**FALLS AND CASCADES**  

**The Sinca Falls**  
In the division of the Bamboutos  
Interesting tourist site.  

**Mountains**  

**The Bamboutos Mountains**  
In the sub-division of Babodjou  
A mountaneous range culminating at a height of 2,740 m (8,990 ft). A panoramic view over the Western region. Often used for climbing competitions. Possibility for ecotourism development.  

**The Division of Mifé**  

**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 grottoes**  

**The Ndassi Nekang Grottos**  
10 km (6 miles) from Bafousam in the sub-division of Bampongoun  
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.  

**Cinemas et monuments**  

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

**The Bafousam Chieftainry**  
In the town of Bafousam  
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 Banyangam  
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.
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 Bamilélé chieftain.

The Division of Nde
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 Chehanzeve 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
Bafousam in the village of Bangou
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-Bafousam road
Rich cultural treasures. An important royal
museum containing the Queen's mask of
international repute.

The Division of the Highlands
PASSES AND GROTTOES

The Batie 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 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 Ngouendam
In the sub-division of Koupoto
Crater lake of interest to tourists.

Lake Forouogain
In the sub-division of Mapa
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 Njéya 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
craftsman's alley where Bamoun
craftmanship 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 Fôbè or Hilton (5*) Hotel. Departure for Bafoussam via Bafut (tarrad road, 300 km / 190 miles, 4h).
8h30: Stop in Ebéda 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 Bafut). A locality with a rich production of very varied fruit. Then on to Makéné.
11h30: A visit to the market and light lunch (BBQ and light refreshments). City tour.
12h: Departure to Bafoussam with a halt there.
13h: Visit to the Chahandzou Falls.
14h: Departure for Bafoussam with a stop over at the Bangoua chiefery.
15h: Visit to the Victor Fosso University Institute and the Bandjoun chiefery (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 Foumbot (tarrad road, 70km / 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: Visit to the mosque, the Court of Bafou, the trenches, the mineral water spring, Foumban market (the big market day is on Thursday) the Bororo village of Dibango I, the cattle market at Tanjandi (every Wednesday).
18h: Return to the hotel, Rest, dinner and the night.

Day 3
7h: Breakfast and departure for Foumbot with a halt at:
- Mount Mbapit, (very attractive and picturesque mountain range which runs down to the plain of Noun and
- Lake Njou a crater lake 8 km (5 miles) from the town of Foumbot;
- Lake Petounou 30 km (20 miles) from the main Foumban-Foumbot road; a crater lake with easy access and a total surface of 100 ha (275 acres);
- the town of Foumbok (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 Chiefery;
- the central market;
- Lake Baleng, a crater lake with a large duck population.
17h: Departure for Dschang by tarrad 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 cliff.
18h: Arrival and settling in for 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 Cascade;
- 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 Fouta Chiefery;
- the Lépé Falls;
- the Djuteta tea plantations and the tea factory;
- the varied food crop productions of Djuteta;
- the Bafou Chiefery;
- 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 Forêts Dschang plains (10 km / 6 miles);
- the spectacular Mbatan plains stretching for over 40 km (25 miles);
- the market at Kekem (BBQ and refreshments);
- the Mounta 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 Bams Pass with very spectacular, panoramic views of the luxurious countryside;
- the magnificent Djaue Falls 24 m (72 feet) high, the water falls divides into 9 fringes like curtains surrounded by a wooded gallery;
- the town of Bangemé;
- the Ntong crossroad market;
- the town of Makéné;
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 festivities such as the "kunheras" 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).

Foumbot
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 63 81/33 44 43 46
  Fax: 33 44 43 46
talotel@talotel.com
- BANA TOURIST CENTRE
  BP 48
  Tel: 00(237) 33 00 57 31/33 01 30 83/77 98 48 14
celhotel@ab.com
- ALITEL
  Tel: 00(237) 33 44 51 11
  Fax: 33 44 50 93
hotelalitel@yahoo.fr
- THE DSCANG HEALTH SPA
  BP 40
  Tel: 00(237) 33 45 10 58

Air Companies
- AIR FRANCE
  BP 4076 Douala
  Tel: 00(237) 33 50 15 15
- AIR IVOIRE
  Douala
  Tel: 00(237) 33 42 06 95/33 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@brusselssairlines.com
  Tel: 00(237) 33 42 05 15/33 42 72 03
- ETHIOPIAN AIRLINES
  BP 1326 Douala
  Tel: 00(237) 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@aol.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
- AFRIKA AIRWAYS
  BP 1326 Douala
  Tel: 00(237) 33 43 12 10
- AIR SERVICE
  Douala
  Tel: 00(237) 33 42 92 31/33 11 75 42
  recad@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
  cctourisme@yahoo.fr

- The Regional Delegation for the West
  Tel: (237) 33 44 33 88
  Tel/Fax: 33 44 11 89

- Tourist Information Bureau for Europe
  26, rue de Longchamp
  75016 Paris
  Tel: 33 01 45 05 96 46
  Fax: 33 01 47 04 49 96
  www.cameroun-info@tourisme.com
  bitcam@wanadoo.fr

- CAMEROONIAN EMBASSIES IN:
  GREAT-BRITAIN
  84, Holland Park W 1135 B8
  London W2
  Tel: (44) 2077297771
  Fax: (44) 207729353
  FRANCE
  73, rue d'Auteuil
  75116 Paris
  Tel: (0033) 01 47 43 98 33
  Fax: (0033) 01 46 51 54 52
  CANADA
  170, Clemow 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: camgamcam@usa.org
  NETHERLANDS
  Amaliastraat N°14.2514JC
  La Haye
  Tel: (3170) 349 97 15
  Fax: (3170) 349 29 79

Tourism in Cameroon fulfills tourists' desires and lives up to investors' expectations because of its vast 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 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.