

# Highlights of Cameroon

Duration  
**14 days**

Guaranteed  
**4 travellers**

Group size  
**16 travellers**

Price  
**From AUD \$ 6,913**



## WHAT TO EXPECT

Embark on a 14-day journey through the captivating landscapes and diverse cultures of Cameroon. Starting in Yaoundé, you'll explore the city and take a sleeper train to N'Gaoundéré. The adventure unfolds as you meet various tribes, including the Mboum, Duru, and Fulani, experiencing their unique traditions. Immerse yourself in the ancient ways of the Mbororo tribe, known for nomadic life and facial tattoos. Discover the enchanting Dja biodiversity reserve with the Ba'aka Pygmies. Explore Bamileke country, Foumban's Bamoun sultanate, and Douala's vibrant markets. Your journey concludes with visits to the Ekom-Nkam waterfalls and Penja pepper plantations. This immersive trip promises unforgettable encounters and cultural insights in the heart of Cameroon.

### Day 1: Arrival in Yaounde

Welcome to Cameroon! Upon arrival at Yaoundé International Airport, you will receive a warm welcome followed by a transfer to your hotel for check-in and settling in. In the evening, a welcome dinner will be organized for you to meet your fellow travellers.

- Meals included: Welcome dinner

### Day 2: Yaounde – Ngaoundere

After breakfast, gather for a tour briefing. Enjoy the morning free at leisure. In the afternoon, explore the city with a guided tour, and as the evening approaches, make your way to the station to board the sleeper train bound for Ngaoundéré. Indulge in dinner while on the train.

- Meals included: Breakfast, Dinner
- Insider Experiences: Guided city tour of Yaounde, Overnight in a sleeper train

### Day 3: Ngaoundere - Banda - Gouna – Poli

Arrival in Ngaoundéré. After a brief stop, departure for Poli. We descend into the Benoue valley and enter a different world - modern villages disappear to be replaced by traditional adobe constructions. Along the way we will meet different tribes including the Mboum tribe. The Mboum are considered the first inhabitants of Ngaoundéré and are polygamous like most tribes in this region of Cameroon. Although some are Christians and Muslims, others still practice animism. We will also meet the Duru and Fulani tribe along the way. They live in the area between Ngaoundéré and Garoua. A diversity of local tribes can be found in the village of Banda - headquarters of the Benoué National Park. Banda is also known as the village of the 12 tribes. We will arrive in Poli, the capital of Faro Division, at 2:00 p.m. Transfer to Seckseba, the village of the Mbororo tribe. The Mbororo are nomadic Fulani, migrating with their cattle in

search of green pastures. While officially Muslim, they still practice certain animist beliefs that make their culture unique. They are one of the most traditional groups in West Africa and have a way of life based on cattle herding and transhumance. They still practice the custom of facial tattooing as a sign of beauty and lead a semi-nomadic life, following their cattle to pasture. Sometimes in November they organize their famous Guerewol - beauty contest for men where a female jury chooses the most handsome among the young men. Female beauty is characterized by elaborate facial tattoos and scarification of very original and unique patterns. These tattoos and scarification are applied to girls from 8 years old. We take the time to learn more about their culture. We will install our tents next to their camp for the night.

- Meals included: Breakfast, Lunch, Dinner
- Insider Experiences: Social – Meet the Mboum tribe, Social – Meet the Duru and Fulani tribes, Social – Learn about the Mbororo culture, Unique – Spend the night in a tent with the Mbororo

#### **Day 4: Poli - Mango - Guere – Dupa**

After breakfast, set off for the hillside village of Dupa, where the practice of the animist religion is observed, complete with their own wizards. This journey also includes the collection of their ancestors' skulls. Along the way, there will be a stop at a traditional sultanate located at the mountain's base. Here, we will have the opportunity to meet the sultan and gain insights into the challenges of life in this region. Following the visit to the Dowayo tribe, we will proceed to set up our tents within the heart of their camp.

- Meals included: Breakfast, Lunch, Dinner
- Insider Experiences: Unique - Meet the Sultanate of the village of the Dupa and talk with the Sultan, Unique - Meet the Dowayo tribe and participate in their daily life activities, Arts & Craft - Take part in traditional folk dances, Unique – Spend the night in a tent with the Dupa

#### **Day 5: Poli - Ngaoundere – Yaounde**

Begin the day early for breakfast, journey back to Poli and proceed onward to Ngaoundere. Make a stop at the Idool chiefdom for a short yet captivating visit before reaching the picturesque Tello falls. Enjoy a picnic in this scenic setting before continuing the journey to Ngaoundere. Explore the richly endowed chiefdom (Lamidat) with its incredible wealth. As the evening approaches, embark on the sleeper train that will take you to Yaoundé.

- Meals included: Breakfast, Lunch, Dinner
- Insider Experiences: Visit of the Lamidat and meeting with the Lamidot; traditional and religious leader, Visit of the Tello Falls, Discovery of the Idool village

#### **Day 6: Yaounde – Somalomo**

Arriving in the morning at Yaoundé, there will be a brief stop before continuing the journey towards the Dja Biodiversity Reserve through Somalomo. Upon arrival in Somalomo, settle in at the Mama Rosa Lodge. Complete entry formalities for the reserve and enjoy dinner.

- Meals included: Breakfast, Dinner
- Insider Experiences: Observation of the diversity of landscapes along the route

#### **Day 7: Somalomo - Pygmy Camp**

Following breakfast, proceed to the Pygmy village. Upon arrival, settle in comfortably. Initiate the visit with an introduction of the visitors and presentation of gifts (rice, soaps, matches, salt, etc.) to the village chief. Engage in the exploration and participation of various activities that shape the daily lives of these individuals, who are the original inhabitants of the equatorial forest. Gain insight into their practices such as hunting, fishing, gathering, and traditional medicine. As the day turns to night, partake in a culturally rich evening where they will showcase their traditional

dances. Gather around the fire for storytelling sessions featuring tales and legends of the forest. Conclude the day with dinner and retire to tents for the night, fully immersed in the heart of nature.

- Meals included: Breakfast, Lunch, Dinner
- Insider Experiences: Social – Full immersion with the Pygmies, Unique – Introduction to traditional Pygmy activities such as hunting, gathering and medicine, Arts & Craft – Construction of Pygmy huts, Arts & Craft - Evening around the wood fire listening to Pygmy tales and legends and enjoying Pygmy dances

### **Day 8: Pygmy Camp**

Awaken early amidst the calls of animals, birds, insects, and more. Embark on a series of engaging activities with the Ba'aka Pygmies, delving into their way of life. Engage in trekking and hiking through the captivating forest of the Dja Biodiversity Reserve, where beauty meets utility as we gather leaves, nuts, tubers, and mushrooms. Partake in picking forest fruits, experience the art of hunting, learn to construct Mougoulou huts, and discover the traditional method of drawing water. Delight in the process of harvesting raffia wine and mastering the ancient technique of lighting fires. As the sun sets, be enthralled by the traditional Ba'aka initiatory dance known as "Djengui." Spend the night within tents nestled in the heart of the Pygmy Camp, truly immersed in this unique experience.

- Meals included: Breakfast, Lunch, Dinner
- Insider Experiences: Unique – Trekking and hiking in the forest of the Dja biodiversity reserve to collect food, Unique – Take part in the fishing and hunting parties, Taste – Harvest palm wine or wild honey, Arts & Craft – Take part in the traditional Ba'aka initiatory dances "Djengui"

### **Day 9: Pygmy Camp - Somalomo – Yaounde**

Engage in morning activities with the Pygmies, including hunting, gathering, harvesting wild honey, collecting medicinal plants, fishing, and more. Afterward, journey back to Somalomo and continue the trip to Yaoundé. Upon arrival, settle in your hotel for the night. Take your time to discover the city on your own and sample one of the restaurants the city has to offer.

- Meals included: Breakfast, Lunch
- Insider Experiences: Unique – Trekking and hiking in the forest of the Dja biodiversity reserve to collect food, Unique – Take part in the fishing and hunting parties with the Pygmies

### **Day 10: Yaounde - Batoufam - Bandjoun – Bafoussam**

Awaken early, have breakfast, and embark on your journey to West Cameroon. Welcome to the Bamileke region, known for its rich history of chiefdoms and captivating traditional dances. As you ascend to Bafang, you'll enter the lush Bamileke country, characterized by its green plateau and valleys. Explore the charming chiefdoms of Bandjoun, boasting well-preserved thatched huts, and Batoufam, a potential cultural gem. Dschang's climatic center attracts nature enthusiasts, while Bafoussam, the region's largest city, offers a vibrant blend of culture and entrepreneurship.

- Meals included: Breakfast
- Insider Experiences: Visit of the Chiefdom Museum of Batoufam, Bandjoun, Bapa, If you are lucky, witness a funeral ceremonies (usually done on weekends)

### **Day 11: Bafoussam - Day trip: Foumban**

After breakfast, head to Foumban. Explore the Palace and Sultanate Museum, a historical seat of the Bamoun sultanate and a significant artisan hub. Foumban boasts unique architecture and a rich history dating back to the 17th century. The Sultan's Museum houses thrones, trophies, and more, while the Bamoun Museum showcases stunning artworks. Take in the craftsmen's street scene before returning to Bafoussam.

- Meals included: Breakfast

- Insider Experiences: Visit of the Royal Palace of Fouban and its museum, Arts & Craft - Visit of the foundries and observation of the mask manufacturing process, Visit of Fouban market

### **Day 12: Bafoussam - Dschang – Mbouroukou**

Start the day early for breakfast. Then, set out for Melong via Dschang, making a stop at the Métché waterfalls along the way. Arrive in Dschang and explore the museum of civilization before proceeding to Mbouroukou. Check-in at Villa Kleber, a unique accommodation nestled at the base of Mount Manengouba. Discover the small crater, a local dairy farm, a coffee plantation and Kleber Chollier ground coffee roasting factory where you'll have the opportunity to taste the product. Return to the Villa for dinner and spend the night.

- Meals included: Breakfast, Dinner
- Insider Experiences: Visit of the Métché waterfalls, Visit of the Museum of Civilizations in Dschang, Visit of the small crater, Visit of a local dairy farm, Taste - Visit of the coffee plantation and the Kleber Chollier ground coffee roasting plant

### **Day 13: Mbouroukou - Ekom-Nkam – Douala**

Set off in the morning after breakfast to explore the Ekom-Nkam waterfalls, a filming location for part of the TARZAN movie starring Christophe Lambert. Continue your journey to Douala, passing through expansive banana, pineapple, and papaya plantations, along with the renowned Penja pepper with its protected designation of origin, offering the opportunity for a visit. Depart for Douala and upon arrival, settle in your hotel before enjoying a last farewell dinner together.

- Meals included: Breakfast, Lunch, Farewell Dinner
- Insider Experiences: Visit of Ekom-Nkam waterfalls, Stop at a fruit plantation (banana, pineapple, papaya etc.), Discovery of the production route of Penja White pepper from nursery to packaging, Taste - Savour dishes seasoned with Penja pepper

### **Day 14: Departure from Douala**

Explore the urban charm of Douala with a city tour to conclude your journey. Pause at the vibrant flower market where artisans display their creations, and take the opportunity to shop for local products. A transfer will take you to the airport for your onward journey.

- Meals included: Breakfast
- Insider Experiences: Guided city tour of Douala

## Inclusions

### Insider Experiences

Arts & Craft – Take part in the traditional Ba'aka initiatory dances "Djengui"

Arts & Craft – Construction of Pygmy huts

Arts & Craft – Evening around the wood fire listening to Pygmy tales and legends and enjoying Pygmy dances



Social – Full immersion with the Pygmies

Taste – Savour dishes seasoned with Penja pepper

Taste – Harvest palm wine or wild honey

Unique – Trekking and hiking in the forest of the Dja biodiversity reserve to collect food

Unique – Introduction to traditional Pygmy activities such a hunting, gathering and medicine

Unique – Meet the Dowayo tribe and participate in their daily life activities

### Accommodation



4 nights in a tent with the tribes

2 nights in a sleeper train

7 nights in 4 star hotels

### Transport



Air-conditioned vehicle

Airport transfer on arrival and departure

Round trip train tickets from Yaoundé to N'Gaoundéré

### Meals



Daily breakfast

7 Lunches

10 Dinners

### Touring



English speaking tour guide

All entrance fees

Contact your local travel agent