

Highlands and Chiefdoms of Cameroon

9 days – 8 nights

Douala, Penja, Ekom Nkam, Bangoulap, Baham, Mbapit, Koutaba, Foumban, Métché, Dschang, Muanenguba, Mélong, Edea, Kribi, Londji
Heritage, Discovery, Culture

This program may be operated for individual or for groups
This is a suggested itinerary – Please call us to customize

Cameroon is a cross-section of Africa: multiplicity of cultures with its different chiefdoms having kept their ancestral traditions, grandiose landscapes, splendid crater lakes, spectacular waterfalls and green hills. Your itinerary allows a discovery of all its aspects and a real immersion in this authentic country!

Day 1: Douala

Assistance on arrival at the airport and transfer your hotel in Douala. Rest of the at leisure. Dinner at the hotel. [D]

Day 2: Douala, Penja, Ekom Nkam, Bangoulap

Departure for the highlands of the west. The road runs alongside banana, rubber, cocoa and coffee plantations. We stop en route in Penja to visit a pepper plantation and tropical flowers. Continue to the Ekom Nkam falls. Here, the Nkam rushes 262 feet high towards the valley (this landscape served as the backdrop for the film "Greystoke" shot in 1984). Continue to Bangoulap, via the Bana pass, to reach the Jean Félicien Gacha Foundation. Arrival, at the guest house and installation for two nights. This foundation trains young people by providing several workshops like masonry, beadwork, carpentry, etc. Dinner and overnight at the guest house. [B/L/D]

Day 3: Bangoulap

Day at the foundation. Visit some of the workshops (weaving, carpentry, crafts, etc.) before driving to the village of Maka'a to visit the school. Then walk towards the 360 ° viewpoint. Lunch at a local restaurant before returning to the foundation in the afternoon. Dinner and second night in the foundation's guest house. [B/L/D]

Day 4: Bangoulap, Baham, Mbapit, Koutaba

After breakfast, departure for Baham (about 1-hour drive) to visit the most beautiful Bamileke chiefdoms. The museums allow to discover the very strong customs still ingrained in the people of the high plateaus. Continue to Fovu for a hike and visit of the Baham people sacred site. A 30-minute drive will take us to Bafoussam for lunch. In the afternoon, departure for Mount Mbapit for a walk in a beautiful landscape made of livestock meadows. Small ascent (staircase of approximately 325 steps) to discover, from the top of a hill, a calm body of water: This is the sacred lake Mbapit. No one can approach this water, and legend has it that if you throw anything in it, it will never disturb its surface. A 40-minute drive via Foubot gets us to Koutaba for dinner and overnight at the hotel. [B/L/D]

Note: *Today itinerary includes 3 hours of walking. If you feel you're not in condition please stay in the vehicle*

Day 5: Koutaba (Foumban)

Departure for Foumban, seat of the Bamoun sultanate, guardian of two museums and a palace, artisanal capital of the West, to discover the Bamoun people and their traditions. A local representative will talk about the dynasty with the original personality of King Njoya, who became sultan, and invented, among other things, a religion that a mixture of Christianity, Islam and animism and, above all, a Bamoun Gospel! Visit of the Sultan's Palace and its museum, classified as a UNESCO World Heritage Site. Dinner and second night at the hotel. [B/L/D]

Day 6: Koutaba, Méтчé, Dschang, Melong (Manengouba)

Departure for Dschang, university town and climatic refuge for former German and French administrators. Stop at the Méтчé falls for a visit. The falls are considered a real temple where the Bamiléké people come to consult their ancestors so that they can get rid of certain evils which undermine their lives. Continue to Dschang to visit the Museum of Arts and Civilizations before lunch. In the afternoon we take the vertiginous road through an impressive descent of the Mbos plain towards Melong. Arrival at your accommodation and installation. Then, those feeling up to it, leave for a hike on Mount Manengouba to tour the old crater. Dinner and overnight at the hotel. [B/L/D]

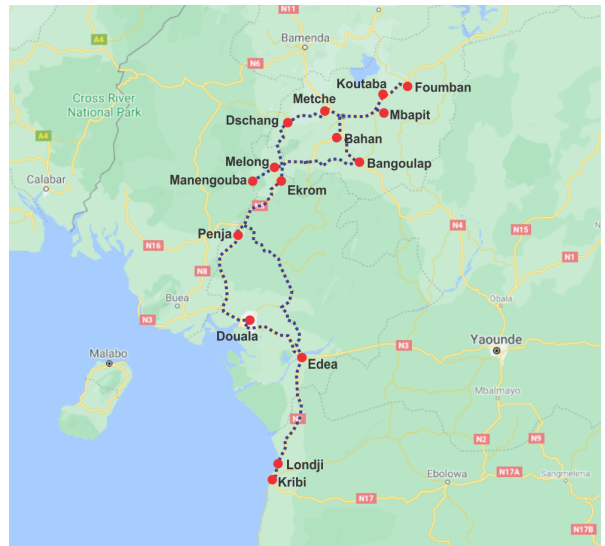
Note: *The hiking is about 20 miles, half of it climbing, and takes around 3 hours. You need be in good shape and wear comfortable shoes.*

Day 7: Manengouba, Mélong, Edea, Kribi

Departure for Kribi, a southern seaside town known for its sandy beaches. Lunch en route at Edea and continuation to Kribi. Visit the magnificent Lobé falls which flow directly into the sea and are unique in the world! Swim and relax on the white sand beaches shaded by mangrove trees. At dinner enjoy the most delicious shrimp in the country while taking on the sunset over the vast South Atlantic Ocean. Overnight at your seaside hotel. [B/L/D]

Day 8: Kribi (Londji), Douala

Day trip to Londji, a magnificent cove that is home to a fishing village. Visit of the village, active fishermen and fish smokehouses. It is the most beautiful beach in Kribi and also the shallower because is the most withdrawn from the Gulf of Guinea. Return to Kribi for lunch. In the afternoon, take a 2.5-hour drive to Douala for check-in at your hotel and an African dinner at the Saga Africa restaurant. [B/L/D]

**Day 9: Douala, USA**

Depending on your flight schedule you may have time for a visit to the flower market. At the appointed time you'll be picked-up and driven to the airport to board your connecting flight back home. [B]

[B] = Breakfast | [D] = Dinner | [B/L/D] = Breakfast, Lunch and Dinner

Your Tour includes:

- Arrival and departure transfers
- 8 nights' accommodation:
 - Douala 2 nights
 - Bangoulap 2 nights
 - Koutala 2 nights
 - Melong 1 night
 - Kribi 1 nights
- Meals:
 - Breakfast daily
 - 7 lunches
 - 8 dinners
- Ekom Nkam falls
- Jean Félicien Gacha Foundation
- Bamileke chiefdoms
- Baham people sacred site
- Sacred lake Mbatit
- Bamoun people and traditions
- Sultan's Palace in Fouban
- Dschang University
- Méтчé falls
- Mount Manengouba old crater
- Magnificent Lobé falls
- English speaking driver-guide
- Local English-speaking guides
- A/C vehicle for the tour
- Entrance fees
- 1 bottle of water per person, per day
- All local taxes

Tour does not include:

- International airfares
- Any taxes related to airfares or airports
- Meals not mentioned under inclusions
- Travel Insurance
- Visas
- Tips to guides or drivers
- Expenses of a personal nature
- Any item not mentioned as “Included”

Hotels in your Tour:

City	Hotel Name	Tripadvisor
First Class		
Douala	Star Land Hotel	4
Bangoulap	Guest House Villa Boutanga	4.5
Koutala	Le Domaine de Petpenoun	4
Melong	Villa Luciole	4
Kribi	Tara Plage Hotel	3.5

Hotels will be confirmed at time of booking

Tour Prices:

These programs can be customized for individuals and groups. Changes to this program may be requested by phone (1855-55-TOURS) or using the web FIT Quote Request

- **Airfare**
We also be glad to add the necessary airfare from your gateway so you take advantage of our special discounted leisure fares
- **Program**
You may add or remove;
 - Trip days
 - Cities and sites
 - Meals
- **Other options**
 - The program was designed with private services; however, we may substitute shared sight-seeing where available
 - If you prefer deluxe services we may operate this program including private driver, private guide and concierge service.
- **Quotation**
Once we have designed the program the way you want we'll give you a quote within 2 business days.

Tour Code: CM01DLA2ITA

Options:

- Lunches and dinners can be arranged for individuals, families and groups at top restaurants or any restaurant requested by you.
- We can revise the itinerary to spend more time and provide more depth in those areas that you are interested on.
- Any other changes to the itinerary will be accommodated depending on the facilities available in the area.

Group Quotations

- If you wish to use these programs for your group or as the basis for a customized journey please either call us (1-855-55-TOURS or use the web Group Quote Request.

- In either case our specialists will work with to refine all the details and they will get you a quote with 2 business days. Quotes may be obtained for the air and land portions of just for the land journey.
- Booking both air and land with us will represent savings for you because of our buying power and longtime relationship with the airlines.

We will also may have the choice between regular fares and special leisure fares not available to the public.