

**The Legend of Mami Wata  
9 days - 8 nights**

**Douala, Ekom Nkam, Bandjoun, Bafoussam, Foumbot, Djibango, Foumban, Koutaba, Bafut,  
Bamenda, Dschang, Ekom Nkam, Melong, Mt Manengouda  
Heritage, Adventure, Discovery, Culture**

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

*Beautiful, protective, seductive and dangerous all at once, the water spirit Mami Wata (Mother Water) is celebrated throughout much of Africa and the African Atlantic. A rich array of arts surrounds her, as well as a host of other aquatic spirits, all honoring the essential, sacred nature of water. This is a magnificent journey centered on the green regions where the Bamiléké and Bamoun ethnic groups mainly live with their secret societies.*

**Day 1: Douala**

Upon arrival at Douala airport, reception and transfer to the hotel. Rest of the day at leisure. Dinner at the hotel. After dinner, if you in the mood, take a little tour of the jazz bar Le Senate. [D]

**Day 2: Douala, Ekom Nkam, Bandjoun, Bafoussam**

Departure for western Cameroon to reach the city of Bafoussam. On the way, stop for lunch before visiting the Ekom Nkam impressive falls on the Nkam River which fall from a height of 262 feet amidst the tropical forest, in the heart of dense and lush vegetation. This is where the Tarzan movie The Legend of Greystoke was filmed. Departure for Bandjoun, the largest chiefdom in the west where you'll discover the palace, admire the sculptures of the large people's hut and the small museum of thrones. Dinner and overnight in Bafoussam. [B/L/D]

**Day 3: Bafoussam, Foumbot, Djibango, Foumban, Koutaba**

This morning, visit the chiefdom. After Bafoussam, departure for Foumban via the village of Bororos de Djidango where you will be received by the "lamido" or leader. Lunch en route to Foumban, one of the oldest African dynasties, to visit the palace of the Sultan of Bamouns, the museum and the gallery of craftsmen sculptors, weavers, embroiderers and bronze founders. Finally, drive to Koutaba for dinner and overnight at the hotel. [B/L/D]

**Day 4: Koutaba, Bafut, Bamenda**

Departure for Bafut to visit the Bafut Fon's palace, meet with the locals and also with the chief in his palace. Receive lecture on Bafut's resistance to German rule in Cameroon, watch a traditional music and dance performance (including war victory celebratory music). Try traditional food from the region for lunch and walk through the local market with opportunity for souvenir shopping. Then, walk in Bafut's botanical garden before heading to Bamenda (a 15-minute drive) to check-in at your hotel and some time to relax. Dinner and overnight at the hotel. [B/L/D]

**Day 5: Bamenda, Dschang**

This morning, we leave Bamenda in the direction of Bali to visit Prescraft (Presbyterian Craft Center) an organization that allows the pooling of means of production (tools, raw materials) and offers craftsmen good working conditions. The organization trains young people in artisanal production techniques and helps them develop new products. Through its action, it intends to help reduce the rural exodus. After the center visit the chiefdom. Lunch in Bali and departure for Dschang. Later in the afternoon (4-hour drive) we arrive at the village of Fongo-Tongo to observe the Mami-Wata Falls which plunge from a height of 269 feet into a small winding river, in the heart of a sacred forest. In this forest live large populations of monkeys and some panthers. Mami Wata, from Mother Water, a water fairy, is worshiped by the natives. Legend has it that this mermaid living in the falls comes out from time to time to seduce a man and then take him to the depths and make him her lover. The origin of this legend would actually

be a simple play of light. A 30-minute drive to arrive in Dschang and visit crafts, the market and the cathedral. Dinner and overnight at the hotel. [B/L/D]

#### Day 6: Dschang, Ekom Nkam, Melong

Enjoy breakfast at the hotel before we drive to the Batié pass at 4,920 feet. Stop to admire the superb view of the valley. Then, descend to Bafang on our way to Melong where we stop for lunch. In the afternoon check-in at the hotel and remaining of the day free to rest and relax. Dinner and night in Melong. [B/L/D]

#### Day 7: Melong (Mt Manengouda)

This morning, after breakfast, you will go up to Mt. Manengouba, first by car and then on foot to the twin lakes delimited by a thin ridge. On one side is the female lake, the largest, blue in color and easy to access with stairs leading down to a small beach. On the other side is the male lake, green in color and more difficult to access. Enjoy a picnic on the mountain and, in the afternoon, return to Villa Luciole, in Melong, for dinner and overnight. [B/P/D]

#### Day 8: Melong, Douala

This morning we drive to Douala arriving in time for lunch. In the afternoon visit the flower market and the Palace of the Kings Bell. Chack-in at the hotel and freshen-up. Then, enjoy a farewell dinner in a typical restaurant. Overnight in Douala. [B/L/D]

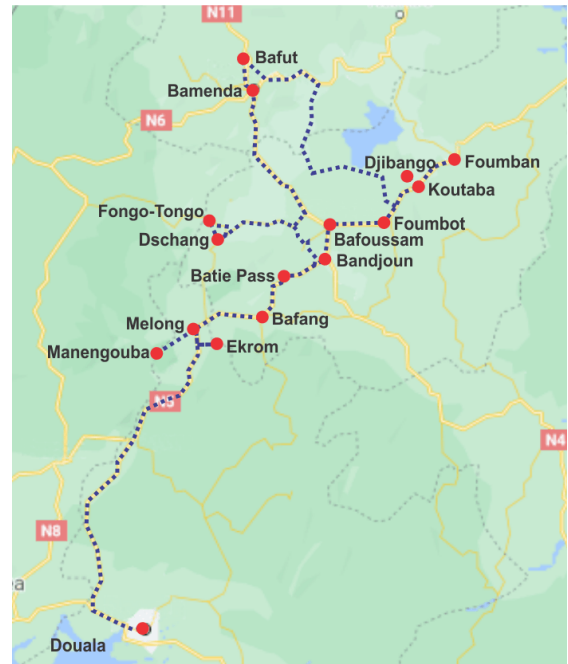
#### Day 9: Douala, USA

Depending on your flight schedule you may have time rest or for last shopping. 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 | [B/P/D] = Breakfast, Picnic and Dinner

#### Your Tour includes:

- Arrival and departure transfers
- 8 nights' accommodation:
  - Douala 2 nights
  - Bafoussam 1 night
  - Koutaba 1 night
  - Bamenda 1 night
  - Dschang 1 night
  - Melong 2 nights
- Meals:
  - Breakfast daily
  - 6 lunches
  - 1 picnic lunch
  - 8 dinners
- Impressive Ekom Nkam falls
- Bandjoun chieftdom palace
- Meeting with Djidango's "Iamido"
- Palace Bamouns' Sultan
- Bafut Fon's palace
- War victory dance performance



- Bamenda Presbyterian Craft Center
- Mami-Wata Falls in Fongo-Tongo
- Mt. Manengouba male & Female lakes
- Tour of Douala
- English-speaking guide
- Vehicle with driver
- Entrance fees where required
- 1.5 liters of mineral water per person/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
Bafoussam	Hotel Zingana	4.5
Koutaba	Le Domaine de Petpenoun	4
Bamenda	Mawa Hotel	3.5
Dschang	Hotel de Malte	3
Melong	Villa Luciole	4

Hotels will be confirmed at time of booking

\* Where possible

**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 sightseeing 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:** CM02DLA21FV

**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.