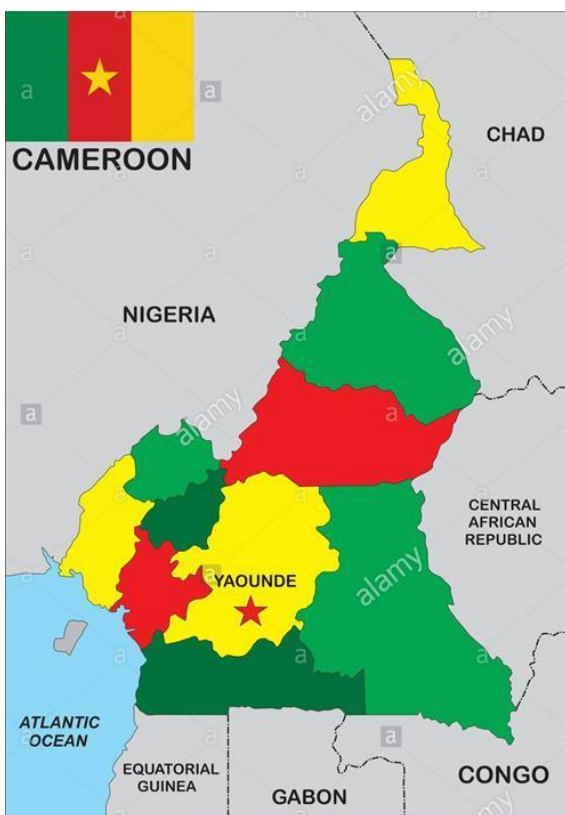




7 DAYS EXODUS PILGRIMAGE TO CAMEROON



PRESENTATION OF CAMEROON



Languages

French and English are the official languages, spoken respectively by 70% and 30% of the population. Spanish and German are also known by many city dwellers.



Cameroon is located in Central Africa, at the bottom of the Gulf of Guinea. It is bordered to the north by Chad, to the east by the Central African Republic, to the south by Congo, Gabon and Equatorial Guinea, to the west by Nigeria.

Cameroon is a country with several large cities including Yaoundé, the political capital of the country with more than one million inhabitants, Douala, the economic capital with more than two million inhabitants. Then come cities like Garoua, Bafoussam, Maroua, Bamenda,... which are important urban centers.

Population

Cameroon has 240 ethnic groups, divided into three large groups (Bantu, Semi-Bantu, Sudanese) and corresponds to 240 national languages. The most representative ethnic groups are:

-Bantus: Béti, Bassa, Bakundu, Maka, Douala, Pygmies ...

-Semi-Bantous: Bamiléké, Gbaya, Bamoun, Tikar, ...

-Soufdanais: Foulbé, Mafa, Toupouri, Arabes-Choas, Moundang, Massa, Mousgoum, ...

Religions

Cameroon is a secular state. Two main religions are practiced there: Christianity and Islam. There is also the practice of Animism by many populations.

Adamawa region

Regional capital: Ngaoundéré

Population: 681,362 inhabitants

Area: 63,701 km²

Number of departments: 05

Density: 10.7 inhabitants / km²

Central region

Regional capital: Yaoundé

Population: 2,272,259 inhabitants

Area: 68,953 km²

Number of departments: 10

Density: 32.96 inhabitants / km²





Eastern Region

Regional capital: Bertoua

Population: 711,651 inhabitants

Area: 109,002 Km²

Number of departments: 04

Density: 6.53 inhabitants / km²



Far North Region

Regional capital: Maroua

Population: 2,553,389 inhabitants

Area: 34,263 km²

Number of departments: 06

Density: 74.52 inhabitants / km²



Littoral Region

Regional capital: Douala

Population: 1,861,463 inhabitants

Area: 20,248 km²

Number of departments: 04

Density: 91.93 inhabitants / km²



Northern region

Regional capital: Garoua

Population: 1,145,038 inhabitants

Area: 66,090 km²

Number of departments: 04

Density: 17.33 inhabitants / km²



Northwest region

Regional Capital: Bamenda

Population: 1,702,559 inhabitants

Area: 17,300 km²

Number of departments: 07

Density: 98.41 inhabitants / km²

Western region

Regional capital: Bafoussam

Population: 1,843,518

Area: 13,892 km²

Number of departments: 08

Density: 132.7 inhabitants / km²



Southern region

Regional Capital: Ebolowa

Population: 514 336 inhabitants

Area: 47,191 km²

Number of departments: 04

Density: 10.9 inhabitants / km²



Southwest region

Regional capital: Buéa

Population: 1,153,125
inhabitants

Area: 25,410 km²

Number of departments: 06

Density: 45.38 inhabitants /
km²



Economic data

Nominal GDP: current USD 29.198 billion (BM, 2015).

GDP per capita (current USD): \$ 1,250 (BM, 2015).

GDP per capita (PPP): \$ 3,122 (BM, 2015).

GDP growth rate: 4.5% (IMF, 2016).

Inflation rate: 2% (IMF, 2015).

ROUTE PLAN

1-DEFINE THE CITY OF ARRIVAL AND THE REGIONS
TO VISIT

2-DEFINE A BUDGET FOR TRAVEL AND HOTEL

3-PROGRAM THE COVID TEST ON RETURN

CITY OF ARRIVAL



DOUALA



Overwhelmed by the humid heat, Douala, endowed with any architecture and plagued by crime and economic disturbances, is not really of much interest, except for the fact that it is close to remarkable sites. It allows you to reach Limbe and Mount Cameroon in particular in just a few hours. Since the city is also a major aerial hub, you may need to spend sometime.



Douala still has some buildings that are worth a detour. The Akwa Palace Hotel, in the city center, a few meters south-east of the Wouri, is ideal for enjoying a breakfast on the terrace, while casually glancing at other travelers. One kilometer further south-west, the Douala museum, on the premises of the town hall, does not offer any exceptional pieces. The free visit will however give you the opportunity to detail the Bamum and Bamileke objects so that you can then better appreciate those sold in the street.



To find beautiful handcrafted pieces, take a tour of the Center artisanal de Douala, an open-air market halfway between the Akwa Palace and the town hall.



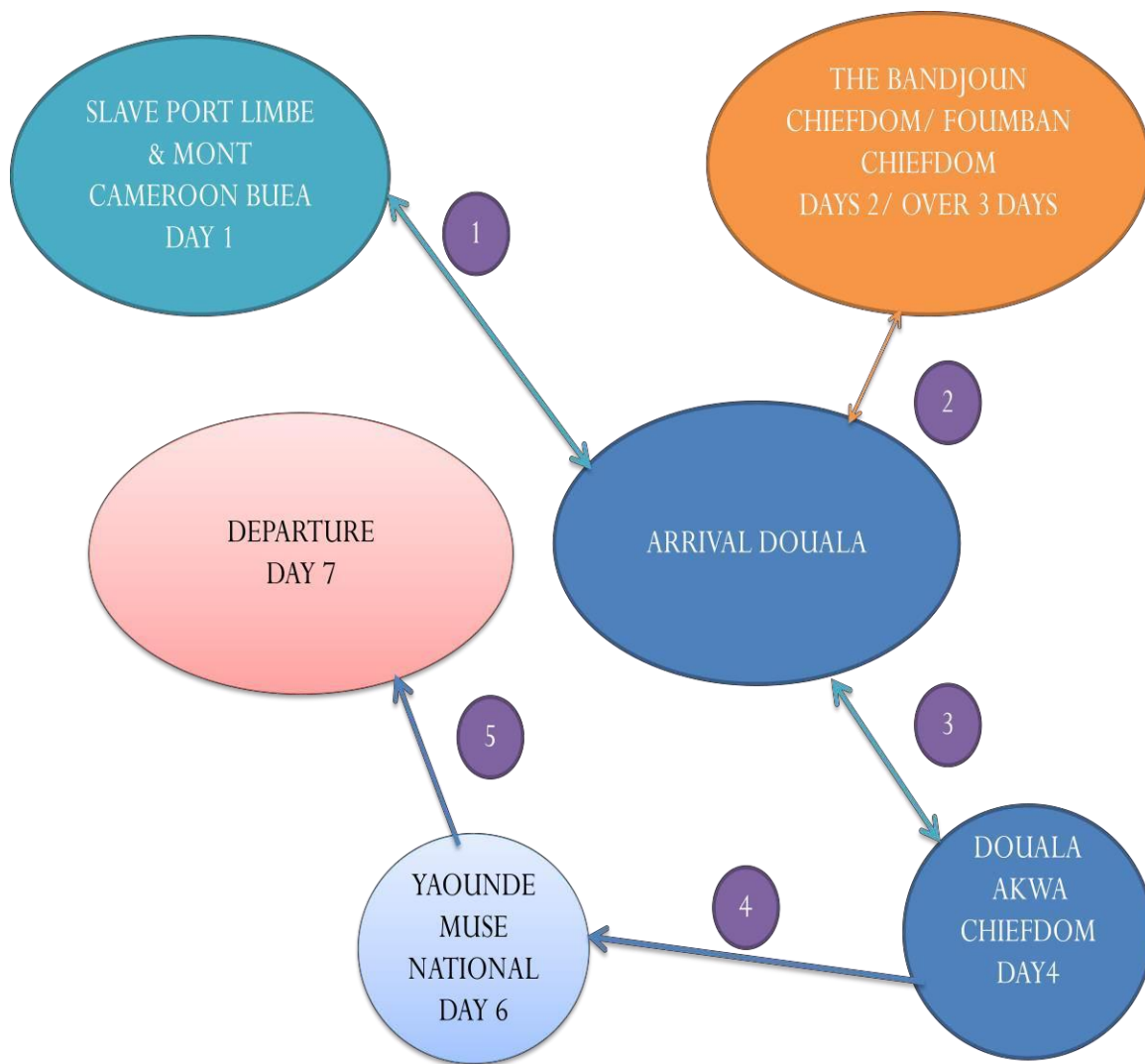
Douala, in the center of the Atlantic coast and a few kilometers from the south shore of the Wouri, is located 200 km west of Yaoundé. It is accessible by plane, train, bus and bush taxi.

ARRIVAL DEVICE

WELCOME TO DOUALA :

Welcome of the visitor by a traditional dance group accompanied by a photographer, a driver, general coordinator, and the security guard. At the end of the reception, the visitor will be given a traditional outfit and then taken to the reserved hotel where he will eat and rest.





DOUALA-LIMBE

Departure for the Slaves route in Cameroon, situated 8.5km from Douala. Visit to Bimbia in Limbe the site of an old slave trading port where you can learn about the colonial times, where slaves were assembled for exportation to Europe and America during the slave trading period.



There are some historical attractions still present in Bimbia today. They include; Old German Wharf where ships anchored for the embarkation of slaves, chains used on slaves and abandoned Ship, the Alfred Saker Camp (where Alfred Saker first landed in Cameroon, A monument has been constructed to commemorate his arrival); the British Canon (an instrument used to abolish slave trade); foundation of the first printing press built by Joseph Merrick (English missionary); Nichol Island (site that harbored slaves prior to their journey to the new world) etc. return to douala

ALFRED SAKER'S MONUMENT



BOTA ISLAND





Seme beachlimbe



Limbe botanic garden



Mount Cameroon in Buea



University of Buea

DOUALA – BANDJOUN

Bandjoun (*La 'Djo* in local language) is a town and commune in the [Koung-Khi Department](#) in the [West Region](#) of [Cameroon](#). Bandjoun is also the capital of the Koung-Khi department, and one of the largest traditional *chiefdom* (chefferie) in [Bamiléké](#) country. The chief dwells in Hialah, and has many wives.



Bandjoun is located some 10 km south of [Bafoussam](#) and some 230 km north-east of [Douala](#). Access to the municipality is by the N4 road from Bafoussam which passes through the municipality then goes south-east to [Bayangam](#). The N5 road branches from the N4 in the municipality and goes south-west to [Batié](#). The *Route Bangou* also branches from the N4 in the municipality and goes south through the town to [Bangou](#).¹



Bandjoun palace

Banjdoun Foumban

The Foumban Royal Palace is a historical building in the city of Foumban, capital of Noun. It is the seat of the Kingdom of Bamum, where the Chief-Superior of the peoples of the valley of the East bank of the Noun resides. The royal palace of Foumban, where the king of the Bamum still resides today, was built in 1917.



DOUALA – YAOUNDE

Yaoundé



once a sleepy colonial city, has turned into a bustling metropolis, streaked with a tangle of streets winding its hills. Surprisingly tempered, it contains fascinating museums and in another genre, it is a past master in the art of grilled chicken! Kennedy Avenue, the main shopping street, leads to the north on Kennedy Square and the craft center, a huge tent where local artisans come to exhibit their items. Very lively, the districts of Messa, Mokolo and La Briqueterie, a few kilometers northwest of the city center, are full of small restaurants that prepare the best grilled chicken in the country. Do not miss a visit to the Museum of Cameroonian Art in the Benedictine monastery, located a few kilometers north of the city center. Although relatively small, it presents one of the finest collections of Cameroonian art in the world, including masks, bowls and bamoum bronze pipes. The monastery chapel is also adorned with magnificent pieces of fabric and handicrafts. Near Mount Fébé, the monastery is accessible by bus or taxi from the city center. A few kilometers west of the center, the Melen district is home to the Museum of Negro Art, which exhibits Bamoum pipes from

the northwest of the country, Ivorian Baoulé fabrics and Congolese-Zairian masks, as well as objects from Algeria and Ethiopia. This district also contains the parish of N'Djong Melen, a church where Sunday mornings are celebrated in the open air which are worth a detour: the service, in ewondo, takes place for more than 2 hours to the rhythm of drums, dances. and songs. In the south-west of the country, Yaoundé is located some 200 km from the Atlantic coast and the southern border.



*A hotel in
yaounde*



*The yaounde central
hospital*

TRADITIONAL MEALS IN CAMEROON



FRUITS IN CAMEROON



FEES

TOTAL COST PER PERSON: **\$2,726.50**

FEES INCLUDES

1. Transportation
2. Hotel
3. Meals
4. Security
5. Entrance Fees to places of attraction