

Welcome to Cameroon!

Cameroon which is called “Africa in Miniature ” is filled with lots of charms

Tourism

Cameroon is a country which is surrounded by various nature and rich in biodiversity. We would recommend you to visit well-known touristic spots below where you can enjoy Cameroonian intriguing nature and other charms. Not only two world heritage sites but also cultural, historical and natural locations will capture your attention!



History

Originally, Cameroon was the exonym given by the Portuguese who was surprised at the number of shrimp in the Cameroonian water. Apart from that, this country has a long history. Thus, please step a bit deeper into a mysterious and interesting history of Cameroon!



Culture

You can experience a unique culture in Cameroon through its local cuisine, traditional arts, crafts, etc.



Sightseeing Spots

Ecotourism

Korup National Park

It is located in the southwest province of Cameroon and known to be one of the Africa's oldest and richest tropical forests in terms of floral and faunal diversity. Furthermore, it is the most accessible rainforest national park in Cameroon with basic lodging infrastructure and a large network of trails open to visitors. The park is a popular birdwatching destination and famous for primate viewing.



Historical tourism



Village Bimbia

Bimbia is the best place to feel the long-lasting history of Cameroon. It bears traces of the slave trade, such as the buildings where slaves were kept, padlocks and so on. In addition, you will discover the first and second "doors of no return" which means that once Africans went through that door and onto the slave ship, their lives as Africans were over.

Seaside Beauty

Kribi Beach

Kribi is a beach resort and seaport located in the Southern part of Cameroon. It lies at the edge of the tropical rainforest zone, on the Gulf of Guinea of the Atlantic Ocean. It is known for its clean sandy beaches and crystal clear water. Let's kick back and spend your good time with others!

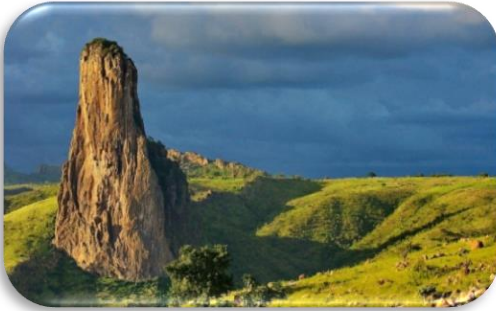


Sports Tourism

Mount Cameroon(Mongo Ma Ndemi Or Fako)



Mount Cameroon, which is also called Mongo Ma Ndemi Or Fako is the marvelous touristic spot for those who hope to experience rich nature while moving their bodies. Located in the Southwest Province of Cameroon, this active volcanic mountain is the highest in the West and Central Africa.



* Single round-trip to its summit is at least twelve hours of solid hiking.

World Heritage Sites

In Cameroon, there are two world heritage sites, which are both located in south-east of Cameroon.

Lobéké National Park (ロベケ国立公園)

This national park was registered as a world heritage site by UNESCO in 1982. “Falls of the Lobe” is the most captivating touristic spot in this national park. As this park is made up of a mosaic ecosystems, including rivers, grass, important flora and fauna. You might see the largest elephants and western lowland gorillas etc.



Dja Faunal Reserve (ジャー動物保護区)

This is also a UNESCO Natural World Heritage Site inscribed in 1987. Covering the South Eastern part of the country, this national park is one of the largest and best protected rain forests in the country. The biodiversity and wide variety of primates from this reserve deserve special mention.



Travel Itinerary

(Ecotourism)

Destination : Cameroon
Duration : 7days(including return to Japan)
Departure : Narita Airport,Tokyo
Arrival : Yaoundé, Cameroon

DAY 01 TO DO LIST

8.15-13:50 Japan to Singapore

14:00~ Hotel

DAY 02 TO DO LIST

2:00-5:50 Singapore to
Ethiopia

9:00-11:05 Ethiopia to Yaoundé

14:00 ~ Hotel

DAY 03 TO DO LIST

10:00-13:00 Mefou National Park

15:00-16:30 National Museum of
Yaoundé

17:00~ Hotel

DAY 04 TO DO LIST

8.00 ~ Transfer(Yaoundé to Kribi)

About 1 Yaoundé to Edea by
train

7h53min 2 Edea to Kribi by car

16:00 Hotel

DAY 05 TO DO LIST

10:00-12:00 Chutes de la Lobé

13.00-15:00 Plage de Grand
Batanga

17:00~ Au Plaisir du Gout (Dinner)

18:30~ Hotel

DAY 06 TO DO LIST

7:00 ~ Back to Yaoundé

15:00~ Yaoundé to Japan
(Round-trip
route is the same)



Culture

Food

Poulet DG



Poulet DG is a tasty Cameroonian poultry dish made with a combination of chicken and ripe plantains in a hearty tomato sauce. The dish is typically garnished with a variety of vegetables such as green beans, bell peppers, and carrots, making it visually appealing and enhancing the flavors even further.

* this recipe was written by wife of Ambassador Dr. Pierre Ndzengue of Cameroon Embassy in Japan

[Ingredients]

• a plantain (banana for cooking) • 15 chicken wings • an onion • two carrots • salt • tomato sauce • water • celery • two bell peppers • three cloves of garlic

[Instructions]

Sauté onions and carrots in a pan, add tomato sauce, celery, salt and water and simmer for 5 minutes. Add the ginger and the fried chicken wings and simmer. Add the plantains and paprika that have been cut into bite-sized rounds, and salt and water as needed, and simmer over low heat for 5 minutes. Finally, add garlic and simmer for a while to complete!

Achu Soup (Yellow Soup) & Achu

Achu Soup is Traditionally prepared and consumed by the Ngemba people from the Northwest Region of Cameroon. When served, it is typically paired with beef or fish, which can be boiled, fried, or smoked.

[Ingredients]

• 1-2 pounds of assorted meat beef, tripe, cow skin • 6-7 cups stock or/and water • 1 tablespoon bouillon powder or maggie • 1 tablespoon ground limestone • 1/2 cup warm red oil • 1 hot pepper • 4-5 pounds of Coco Yams • salt to taste

[Instructions]

In medium -sized saucepan boil meat, season with salt, hot pepper, and Maggie until tender (approximately 30-60 minutes depending on the choice of meat). You can shorten this process in half by using a pressure cooker. Reserve the stock (preferably 6 cups or more). Boil the cow skin and tripe together or you may do so separately until tender. Remove cow skin, tripe. Set aside. Let the stock come to room temperature before using. While meat is boiling grind limestone and warm. In a blender, pulse stock, limestone, oil and achu spice, until all the ingredients have been fully incorporated and it has turned into yellowish color. Adjust salt and Maggie according to taste.



Food Map

This is a food map in Cameroon which enables you to discover local cuisines at your first glance.



Far-North: Millet Ball

That is made up of millet flour mixed with water



North West:

Achu, which is made up of pounded cocoyam accompanied by a yellow sauce made from palm oil, rock salt ect.

West:

Nkui, which is a sticky sauce.



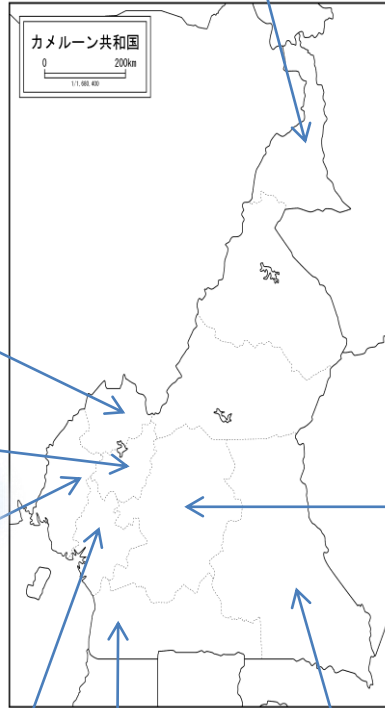
SouthWest: Eru,

which is made up of Okok eaves and water leaves, palm oil etc.



The Coast/Littoral:

Ndolé, which is a long dish to cook, and made up of vegetables cooked in a groundnut paste with shrimps, meat or fish.



Centre: Kwem

which is made up of casava leaves crushed and mixed with palm nut juice.



Eastern Region: Ball of Pistachio

which is made up of crushed squash seeds and mixed with water and beef, fish or bushmeat.



South: DG chicken which is made up of chicken, carrots, onions, tomatoes etc.



Travel Itinerary

(For elderly people)

Destination : Cameroon
Duration : 7days(including return to Japan)
Departure : Narita Airport,Tokyo
Arrival : Douala, Cameroon

DAY 01 TO DO LIST

8:25-16:15 Japan to France (Charles de Gaulle)

18:50~ 21:00 France to Morocco(Casablanca Mohamed V.)

DAY 02 TO DO LIST

22:20~3:40 (around 19:00 in Cameroon) Morocco to Douala

18:00 ~ Hotel

DAY 03 TO DO LIST

10:00-13:00 Musée Maritime de Douala plus lunch

14:00-16:00 Cathédrale Saint-Pierre-et-Saint-Paul

17:00~ Hotel

DAY 04 TO DO LIST

10:00 ~12:00 Doual'Art

13:00~ Transfer(Douala to Yaoundé by bus)
About 4h

18:00 Hotel in Yaoundé

DAY 05 TO DO LIST

10:00-12:00 Musée Ethnographique des Peuples de la Forêt

13:00-14:00 Monument de la Réunification

15:00-16:00 Statue of Charles Atangana

17:00~ Le Bacchus Plus (Dinner)
18:30~ Hotel

DAY 06 TO DO LIST

7:00 ~ Back to Douala by bus
15:00~ Douala to Japan (Round-trip route is the same)



Traditional cultures

Masks

Traditional African masks play an important role in ceremonies, rituals, and masquerades. The most commonly used material for masks is wood, although a wide variety of other elements can be used, including light stone such as steatite, metals such as copper or bronze, different types of fabric, pottery.

Tikar Mask



Helmet mask



Festivals

Participating in several festivals which are taken place in Cameroon is one of the best ways to be familiar with Cameroon. That is because these events offer the opportunity to experience traditional cultures including music, dance etc. Here are some popular and famous national holidays and festivals.

Africa Music Market



Music lovers should definitely take part in this event. This festival takes place every two years in Douala and is a great gathering of some of the best African musicians in the region. These individuals and groups come together in a spirit of partnership to perform a celebration of the vibrant music of the region. There are also interactive activities such as workshops, seminars, and fun trade fairs.

Nyem-Nyem Festival



As a famous festival and widely-awaited festival, Nyem-Nyem Festival is held in July in Ngaoundéré, a city in the Adamawa region, and this festival is held to commemorate the resistance movement of the Nyem-Nyem people against German control. Celebrations include traditional dances, choral music, handicraft exhibits, a canoe and race parade, and a carnival. Thus, we must say that you will be able to experience every aspect of Cameroonian culture there.

History

Fast fact:

- Official Name: Republic of Cameroon
- Capital: Yaoundé
- Location: Central West Africa
- Land Area: 183,569 square miles (475,442 sq.km)
- Population: 26,545,863 (2020)
- Official Languages: English and French
- Form of Government: Democratic republic
- Date of Independence: January 1, 1960
- National Day celebration: 20th of May



Precolonial History

- The region of Africa that now comprises Cameroon may have been the first homeland of the [Bantu peoples](#) around 1,500 BCE.
- The first Europeans arrived in 1472 when Portuguese explorers and traders settled along the banks of the Wouri River in what is now the southwestern part of Cameroon on the Gulf of Guinea.
- In 1808, the Fulani, a nomadic Islamic people from the [Sahel region](#) of western and north-central Africa, migrated to what is now northern Cameroon, displacing the area's largely non-Muslim population.

Colonial Period

- After the slave trade was suppressed in the late 19th century, European Christian missionaries established a presence in the country where they continue to play a significant role in Cameroonian life.
- From 1884 to the period when the League of Nations' mandatory rule : Germany protectorate
- From 1922, France and U.K. started ruling Cameroon: After German defeated World War 1, four-fifth of the territory of Cameroon was assigned to France's administration, and one-fifth was under the United Kingdom administration.

Modern history



- In 1960, the Republic of Cameroon became fully independent : in the elections conducted in May 1960, M.Ahmadou Ahidjo was elected the first president of Cameroon.
- When Ahidjo resigned in 1982, M.Paul Biya assumed the presidency. In October 1992 M.Biya was reelected and he has been the president as of 2023.