



Cameroon

📍 237 / POP 24.4 MILLION

Includes ➔

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Best Places to Eat

- ➔ Saga African Restaurant (p207)
- ➔ Iya (p208)
- ➔ La Fourchette (p207)
- ➔ La Paillote (p201)

Best Places to Sleep

- ➔ Foyer du Marin (p205)
- ➔ Bird Watchers' Club (p209)
- ➔ Hotel Ilomba (p216)
- ➔ Hotel Akwa Palace (p206)

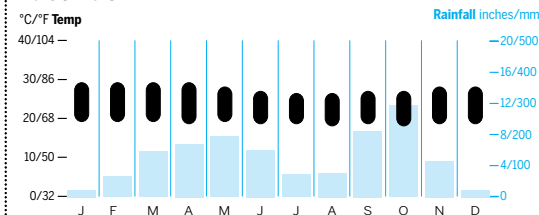
Why Go?

Cameroon is Africa's throbbing heart, a crazed, sultry mosaic of active volcanoes, white-sand beaches, thick rainforest and magnificent parched landscapes broken up by the bizarre rock formations of the Sahel. With both Franco-phone and Anglophone regions, not to mention some 250 local languages, the country is a vast ethnic and linguistic jigsaw, yet one that, in contrast to so many of its neighbours, enjoys a great deal of stability.

With reasonable road infrastructure, travel is a lot easier here than in many parts of Africa. Still, you'll miss none of those indicators that you're in the middle of this fascinating continent: everyone seems to be carrying something on their heads, *makossa* music sets the rhythm, the street smells like roasting plantains and African bliss is just a piece of grilled fish and a sweating beer away.

When to Go

Yaoundé



Nov–Feb High season; dry but not too hot.

Mar & Oct Light rains in the grasslands in March. In the north temperatures can reach 40°C.

Apr–Oct Intense rainfall; road travel is slow, muddy and at times impossible.

Cameroon Highlights

- 1 Ring Road** (p213) Exploring stunning verdant scenery, picturesque villages and rushing rivers in the region around Bamenda.
- 2 Village des Artisans** (p215) Shopping for flamboyant bronze and beaded crafts in the attractive Islamic town of Foumban.
- 3 Mt Cameroon** (p208) Donning your hiking boots to climb the mist-shrouded slopes of West Africa's highest peak.
- 4 Limbe** (p209) Taking in the charming scenery, volcanic sand beaches and laid-back vibe at Cameroon's most enjoyable seaside town.

