

Cameroon

📍 237 / POP 24.4 MILLION

Includes ➔

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Best Places to Eat

- ➔ Saga African Restaurant (p115)
- ➔ Iya (p116)
- ➔ La Fourchette (p115)
- ➔ La Paillote (p109)

Best Places to Sleep

- ➔ Foyer du Marin (p113)
- ➔ Bird Watchers' Club (p117)
- ➔ Hotel Ilomba (p124)
- ➔ Hotel Akwa Palace (p114)

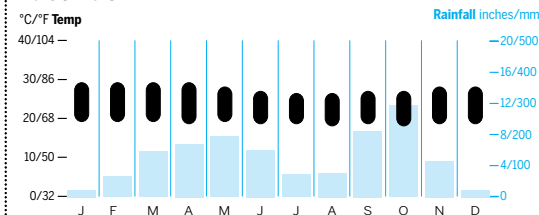
Why Go?

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 Francophone 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 (p121)

Exploring stunning verdant scenery, picturesque villages and rushing rivers in the region around Bamenda.

2 Village des Artisans (p123)

Shopping for flamboyant bronze and beaded crafts in the attractive Islamic town of Fomban.

3 Mt Cameroon (p116)

Donning your hiking boots to climb the mist-shrouded slopes of West Africa's highest peak.

4 Limbe

(p117) Taking in the charming scenery, volcanic sand beaches and laid-back vibe at Cameroon's most enjoyable seaside town.

