

CAMEROON: COUNTRY OF CONTRAST (West)

Bicycle Africa ©2010

(subject to change)

Program: Small group (10 max.) self-contained bicycle/train tour of western Cameroon. This lush green region features multiple fascinating ethnic groups with long cultural and political traditions that continue to this day, gorgeously scenic “Ring Road”, West Africa’s highest mountain and we finish at the beach.

Conditions: 570km, 340 miles, 40% dirt roads, long hilly and rustic accommodations.

Weather conditions: Highs in the 80's, lows in the 60's, chance of rain.

Code Lighting: E - electric, K - kerosene; Climate: AC - air conditioning, F - fan; Bath: S - shower or bath tub; B - bucket bath, h - hot water, T - toilet, L - latrine, sc - self-contained.

DAY 01 Sun	Arrive DOUALA. Douala has the look of a third world port city, which of course it is. Accommodations: hotel (E, AC, scT, scS) Breakfast: Dinner: restaurant
DAY 02 Mon	Douala- Bafoussam (by bus) -MBOUDA (23km, 14mi) Center of Bamileke country, it distinctive architecture and rich culture. Accommodations: hotel (E, T, B) Breakfast: cafe Dinner: local cuisine
DAY 03 Tue	Mbouda-BAMENDA (56K, 35M) Homesteads dot the roller coaster hillsides, the soil is very fertile. Points of interest: Bamenda crafts; musical instruments, brass, baskets, traditional gowns. Accommodations: hotel (E, scT, scS) Breakfast: cafe Dinner: local cuisine
DAY 04 Wed	Bamenda-NDOP (42K, 25M) On to dirt, a tough climbing is rewarded with picturesque highlands. Points of interest: Government farm (beef and dairy cattle), foulba village, Ndop Cooperative, Accommodations: "hotel" (mats, E, T, B, rustic) Breakfast: Jimmy Brown's Achu Eating House
DAY 05 Thu	Ndop-JAKIRI (46K, 27M) More dirt, exquisite vistas (hills) & the Upper Noun Valley Dev. Assoc. Accommodations: Auberge Jakiri (E, scT, scS) Breakfast: cafe Dinner: local cuisine
DAY 06 Fri	JAKIRI A day to relax if you choose or a side-trip to Kumbo* (46K, 28M - dirt, hilly). Accommodations: Auberge Jakiri (E, scT, scS) Breakfast: cafe Dinner: local cuisine
DAY 07 Sat	Jakiri-FOUMBAN (71K, 44M) Fouban is the center of the Bamoun empire, still ruled by a sultan. Points of interest: Sultan's Palace, museums, crafts shops, market. Accommodations: hotel (E, scT, scS) Breakfast: cafe Dinner: local cuisine
DAY 08 Sun	Fouban-BAFOUSSAM (72K, 45M) In route, Fouban has one of the best food markets in the area. Accommodations: hotel (E, scT, scS) Breakfast: cafe Dinner: local cuisine
DAY 09 Mon	Bafoussam-BAFANG (56K, 35 M) Down the Nkam River Valley and out of the hills. Points of interest: coffee farms, waterfall 2 miles before Bafang, chieftaincies.
Day 09 Alt	Bafoussam- DSCHANG (70K, 43M) Visit Dschang which is renowned for its beauty and climate Points of interest: vineyard, coffee farms, Bamileke chieftaincies. Accommodations: hotel (E, scT, scS) Breakfast: cafe Dinner: local cuisine
DAY 10 Tue	Bafang-NKONGSAMBA (60K, 37M). Get a look at rural villages, markets and schools.
Day 10 Alt	Dschang NKONGSAMBA (70km, 43 mi) Drop into a more tropical environment. Points of interest: Agricultural zones; predominantly coffee, then predominantly cocoa. Accommodations: hotel (E, scT, scS) Breakfast: cafe Dinner: local cuisine
DAY 11 Wed	Nkongsamba-KUMBA (80K, 50M) Back off the highway into banana and rubber plantations. Points of interest: rural villages, plantation worker housing, markets. Filaria Research Center near Kumba Accommodations: hotel (E, scT, scS) Breakfast: cafe Dinner: local cuisine
DAY 12 Thu	Kumba-BUEA (77K, 48M). Buea is on the side of Mt. Cameroon. Points of interest: German colonial capital, tropical ornamental plants, oil palm, radio station. Cycling conditions: paved, 30km of flat terrain and then a steady climb. Accommodations: hotel (E, T, S) Breakfast: cafe Dinner: local cuisine
DAY 13 Fri	Buea-LIMBE (31K, 19M) Limbe date back to the time of German colonial rule. Points of interest: architecture, meeting with local government officials, the beach. Accommodations: hotel (E, AC, scT, scS) Breakfast: cafe Dinner: local cuisine
DAY 14 Sat	Limbe-DOUALA (70K, 43M or bus) En route , Tiko has palm oil soap factory & latex curing plant. Accommodations: hotel (E, AC, scT, scS) Breakfast: cafe Dinner: local cuisine
DAY 15 Sun	Doula. End of program. Continue on to your next destination.

* We can request to meet the Fon of Nso. In the event that an audience with the Fon is granted, we will be preceded by a retainer. When coming into the presence of the Fon the proper etiquette is to: clap your hands lightly to attract the Fon's attention and wait demurely until it is granted. Commoners don't shake his hand. Don't sit unless he invites you to and then don't cross your legs in front of the Fon. When addressing the Fon you avert your eyes, bow your head and cover your mouth with a hand.