



TREKKING & HIKING IN THE ATLANTIKA MOUNTAINS

Trekking, walking and discovery on the Atlantika mountains Best place for Cameroon tourism, Rhumsiki is situated in an extraterrestrial landscape created by volcanic dykes. These gigantic lava peaks come from the volcano and cover the earth's surface as if the earth's vault was split open! In the horizon, you will discover the chain of Mandara Mountains: dreamlike vision. During these few days of trekking, discovery of the Koma tribes- from village to village and mountain to mountain (between 1400 and 1700 m) through enchanting landscapes; discovering lifestyles, beliefs and traditions and ancestral practices of these people dressed only in G-strings made of leaves. Women, dressed in wrappers only made of leaves, smoke pipes and are busy between the kitchen and the farm. Strolling in this area can last from 3 hours to a week. This is a great moment in the discovery of the culture of north Cameroon! An unprecedented immersion, clay footpaths, in the heart of Africa of wizards, chief priests, magic and our dreams of exploration...

And a time for trekking and climbing!

Your Itinerary

Day 1: NSIMALEN YAOUNDE INTERNATIONAL AIRPORT

Meet & Greet at the Yaoundé International Airport, reception and transfer to hotel and settling in- . Arrival in Yaoundé and continuation to the Eco tourist site of the Ebogo forest reserve, after Mbalmayo. Arrival and installation at the Lodge. Dinner and night.



Day 10: EBOGO-MEFOU NATIONAL PARK-YAOUNDE-NGAOUNDERE

The fabulous Ebogo tourist site on the banks of the Nyong River: the majestic and tranquil Mbalmayo forest reserve, in the company of the Ebogo canoeists. Tens of thousands of species of birds and butterflies to observe. Remarkable sites like the 300-year-old Sappeli tree (12 m in circumference and 1200 years old). The canoeists will tell you about nature, culture and the work of man in magnificent landscapes. They will show you the secrets of the rainforest and the river. Then return to the banks of the Nyong River for breakfast with fresh fish. Hiking and trekking on the trail. Return to Yaoundé. Stop at Mefou National Park, where you can observe large primates - gorillas, chimpanzees and monkeys. Continuation to Yaoundé.

Day 2: YAOUNDE-NGAOUNDERE BY TRAIN

Morning wake and breakfast- tour of the town to visit the capital city of Cameroon, called the town of seven hills; this visit will enable you discover Yaoundé- return to the Hotel and prepare to leave for the Train Station to board a train for Ngaoundéré.

Day 3: NGAOUNDERE- MOUNT ATLANTIKA

Arrival in the morning and stop over for breakfast and visit the Lamido's Palace then continuation to Wangay, a small village at the foot of Mount Atlantika, at the road side- meeting the Lamido and settling in his Palace. He is also the village head. Here, we will leave our bags and take only what is necessary for the stay on the mountain. The village head is very welcoming and will allow us prepare the departure to the mountain in his house. We will go for 4 nights and 5 days- it is a normal walk and stop overs and will climb 2000m. The first night will be spent in the village head's house. Dinner and night under the tent...



Day 4: TREKKING, WALKS AND DISCOVERIES

Day long trekking and walks to various villages, who have kept the ancestral touch with an exceptional Lebru, Naga Malou traditional architecture, where people are still in the past despite western civilization. Night under the tent...

Day 5: DAY LONG TREKKING, WALKING AND DISCOVERIES

There is no static itinerary because, according to the activities of the various villages, we wish to meet unique tribes like Komas, and to discover places where traditional life is still lived.

Dressed in G-strings made of leaves, women smoke pipes and live peaceful lives cultivating the land with their men, whom we see moving around with their arms (bows, spears, assegai) across the shoulders. We pass through Bimilerou, Balangi, Sinlli and Guelba villages.

A river is flowing through this mountain and according to its flow, a swim is possible! Every evening, we put up camp in the Lamido's saré and may pass some time with the inhabitants humbly and respectfully.

DAY 6: DAY LONG TREKKING, WALKING AND DISCOVERIES

Morning wake; breakfast and departure for trekking in the villages and meeting with the Koma people in Bakipa, Dini, Wippi and Singli. Koma people have a special way of celebrating certain occasions: after the ingestion of a particular plant, there are dances with very scatological sounds... we are in the town of the legendary Koma fartiers! Dinner and night under the tent... 5 to 6 hours of walking a day

DAY 7: DAY LONG TREKKING AND WALKING (Wangay- Fignolé)

We go down through the Bororo village to our point of departure; Wangay, where we will rest and have lunch in the shade of the saré. Then



we return to the track for 2 hours then leave for the Fignolé Catholic Mission. We will retrace our steps and pass through the Faro reserve to watch birds and animals. On arrival, we will visit the centre and the village. A water point will enable us to take a bath before the evening meal under big mango trees. Dinner and night under the tent

DAY 8: FIGNOLE- POLI- GAROUA

Morning wake- after breakfast, departure for Garoua via Poli

Arrival in Garoua- settle in 3* hotel- dinner and night

DAY 9: GAROUA-NGAOUNDERE- YAOUNDE

Morning wake- breakfast- leave Garoua for Ngaoundere- spend a whole day in the car- you will have the opportunity to admire the sahelian landscape of north Cameroon and meet with the cattle herds along the way- arrival and settling in...

Morning wake and breakfast- then visit the Tello Falls, situated in the vicinity then visit the Lamido's palace, the oldest and most organized in the great north region in old traditions- the north has uncountable cultural marvels. In the Muslim town of Ngaoundere, we have the Lamido's palace, a very big saré with huts made of straw and shaped like mushrooms- these will make your stay. The elegance and noble nature of the guards in turbans and dressed in colourful big boubous give this special town a legendary atmosphere. With a little luck, you will take part in the fantasias- departure to the train station and board a train for Yaoundé

DAY 10: YAOUNDE- PARIS

Arrival in Yaoundé- settle in at hotel 3,4* for a day- tour of the town and in the evening, you Leave for the airport- departure formalities- end of stay



***10 DAY PRIVATE ITINERY FROM A € 5131* PER PERSON**

INCLUDE :

- Meet & Greet and airport/hotel/airport transfers
- 02 nights in the hôtel accommodation according to the chosen category
- 05 nights Camping equipment for nights under tents on the Mont Atlantika
- Full board on safari from lunch on Day 3 to breakfast on Day 8
- Transport in air conditioned vehicle
- Private or collective touring
- Local english speaking guide
- Entrance fees •
- Fuel, Local Government Taxes and Insurance
- Unlimited mineral water refills in the vehicle
- Trekking guide
- Group trekking equipment: Tents, camp stove, cooking utensils, cutlery
- Personal trekking equipment: Gaiters, backpacks, walking canes, sleeping bags, liners, sleeping pads.