

AFRICA · WILDLIFE · HIKING · MOUNTAINS · BEACHES · CULTURE · OFF THE BEATEN PATH



Cameroon

Cameroon squeezes much of Africa's landscape into one country: rainforest and a volcanic coast in the south, grassland plateaus and royal palaces in the west, Sahelian savanna in the north. Climb Mount Cameroon from Buea, watch the Lobé Falls tumble into the sea near Kribi and visit Foumban's sultanate. Travel is slow and demanding, and few tourists come.

**The UK Foreign Office (FCDO) advises against all travel to parts of Cameroon.**
Read the latest FCDO travel advice before planning a trip. Your travel insurance may be invalid if you travel against FCDO advice.
FCDO advice last updated 9 February 2026.

 CAPITAL Yaoundé	 CURRENCY Central African CFA franc (XAF) £1 ≈ FCFA 781	 LANGUAGE French, English Cameroonian Pidgin English, Fulfulde	 BEST TIME Nov–Feb
 DAILY BUDGET £35–£190 ££ Moderate	 PLUGS Type C, E 220V · adapter needed	 FLIGHT FROM LONDON 11h via Paris or Brussels ~£650–£1,050 return	 TIME ZONE UTC+1 standard time

Cameroon is often called 'Africa in miniature', and the label fits: within one border sit equatorial rainforest, a 4,000m volcano rising from the Atlantic, cool highlands ruled by traditional chiefs, and dry northern savanna around Waza National Park. Most first visits stay in the south and west. Fly into Douala, head to Limbe and Buea for Mount Cameroon, then go south to the beaches of Kribi or inland to Yaoundé and the forest reserves beyond. The Bamiléké and Bamoun heartland around Bafoussam and Foumban is the cultural highlight. FCDO advice differs sharply from region to region, so read it carefully before plotting a route.

This is not a polished tourist circuit. Roads between the main cities are paved but slow, police checkpoints are frequent, and hotels outside Douala and Yaoundé are basic, while the good ones in those two cities are expensive. In return, tourism barely registers: you will often have a beach, a palace museum or a rainforest trail to yourself. It suits experienced Africa travellers, birders and hikers who speak some French and are happy to improvise. Visitors are often surprised by the energy of Douala's music scene, the quality of the food and how passionately Cameroonians follow football.

Top 5 highlights

- 1

ADVENTURE
Mount Cameroon
Cameroon's highest peak, an active volcano of about 4,040m, climbed from Buea in two or three days through farmland, montane forest and lava fields. Hire guides and porters in Buea; the clearest weather comes from December to February.
- 2

BEACH
Kribi and the Lobé Falls
Kribi's palm-lined beaches are Cameroon's favourite seaside escape, with grilled fish and prawns straight off the boats. Just south of town, the Lobé Falls are one of the few waterfalls in the world to drop directly into the sea.

3

HISTORY

Foumban Royal Palace

Seat of the Bamoun kings since the late 14th century. The palace built by Sultan Ibrahim Njoya, inventor of the Bamoun script, stands beside a striking new museum of royal regalia, and the craft street is famous for brass and woodcarving.

4

WILDLIFE

Dja Faunal Reserve

A UNESCO-listed block of lowland rainforest almost encircled by the Dja River, home to western lowland gorillas, chimpanzees and forest elephants. Visits mean camping, long walks and local guides, arranged from Yaoundé; sightings are never guaranteed.

5

WILDLIFE

Limbe

A seaside town of black volcanic-sand beaches below Mount Cameroon, with the Limbe Wildlife Centre, which rehabilitates gorillas, chimpanzees and drills, and a botanic garden founded under German rule in 1892. Ideal for recovering after the climb.

Biggest cities

LARGEST CITY

Yaoundé

≈ 4.5 million people

The hilly, green capital is calmer than Douala, with the Reunification Monument, the Mont Fébé monastery's art museum and the Mefou primate sanctuary nearby; it is also the base for the Dja reserve.

2ND LARGEST CITY

Douala

≈ 4.1 million people

Cameroon's hot, humid port and business hub has great live music, grilled fish at Youpwe and the Doual'art contemporary art centre, though most travellers simply pass through its airport.

3RD LARGEST CITY

Garoua

≈ 600,000 people

A largely Muslim river port on the Benoué and the gateway to Bénoué National Park's savanna; check the FCDO advice carefully before planning any travel this far north.

Ranked by urban-area population where available. Figures are rounded estimates, and sources define city limits differently, so rankings of similar-sized cities can vary.

When to go to Cameroon

Best time: **Nov–Feb.**

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

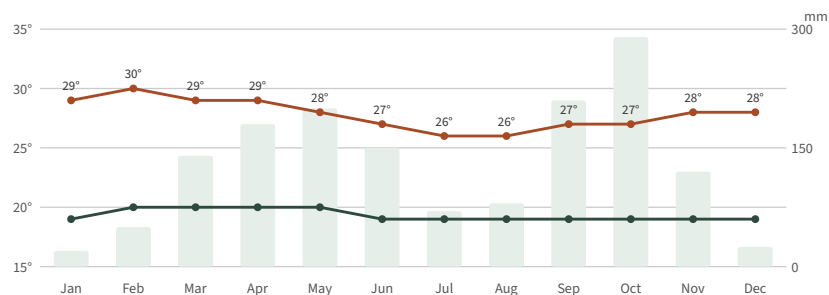
Nov

Dec

■ Best ■ Good ■ Mixed ■ Poor

Average climate in Yaoundé

— High °C — Low °C ■ Rain (mm)



Festivals & events

Feb	Mount Cameroon Race of Hope Runners race from Buea to the summit of Mount Cameroon and back in a single day, usually in February, while crowds line the lower slopes and Buea fills with visitors.
May	National Day Every 20 May, towns stage parades of schools, associations and the armed forces to mark the 1972 creation of the unitary state; Yaoundé's Boulevard du 20 Mai hosts the biggest procession.
Nov–Dec	Ngondo The Sawa peoples' water festival in Douala, culminating in a ritual dive into the Wouri River to receive messages from the ancestors, with pirogue races, wrestling and a beauty pageant.

How much does Cameroon cost?

SHOESTRING £35 per person / day ≈ FCFA 27,328 hostels, street food, buses	MID-RANGE £85 per person / day ≈ FCFA 66,369 3-star hotels, restaurants, some taxis	COMFORTABLE £190 per person / day ≈ FCFA 148,353 4-star+, guided trips, private transfers
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Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

Ndolé The national dish: bitter ndolé leaves stewed with ground peanuts and shrimp or beef, eaten with boiled plantains, miondo cassava sticks or rice.	Poulet DG 'Director-general's chicken', fried with ripe plantains, carrots and peppers; a celebration dish named after the bosses who could afford it.	Eru A Southwest speciality of finely shredded wild eru leaves cooked with waterleaf, palm oil, smoked fish and cow skin, eaten with garri or water fufu.
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Getting around

Most travellers use the private 'agency' buses that run between Douala, Yaoundé, Limbe, Bafoussam and Kribi from their own depots; choose an established company and travel by day. Douala to Yaoundé takes about four hours by road. Camrail's overnight train links Yaoundé with Ngaoundéré in the north. In towns, shared taxis and motorbike taxis are cheap. Self-driving is hard work, so hire a car with a driver instead.

Practical information

PLUGS & VOLTAGE  C E 220V — bring a UK-to-C/E adapter	EMERGENCY NUMBERS Ambulance: 112 Fire: 119 Police: 117 Source: FCDO “Getting help”
DIALLING CODE +237	TIME ZONE UTC+1 (standard time)

TAP WATER

Not safe — drink bottled or treated water

DRIVING

On the right

TIPPING

Not expected in local eateries or taxis. Leave around 10% in upmarket restaurants, and budget properly for tipping guides and porters on Mount Cameroon.

ETIQUETTE

Greet people before any request: a handshake and 'bonjour' or 'good morning' matter. Ask before photographing people, palaces or anything official, and dress respectfully when visiting a chief's or sultan's palace.

MAIN AIRPORTS

Douala International Airport (DLA), Douala; Yaoundé Nsimalen International Airport (NSI), Yaoundé

Visas & entry for Cameroon

Shown for a British passport.

Visa required — apply before you go

You must have a visa to enter Cameroon.

You must apply for a e-visa online – some people encounter technical problems with this online service, so apply in good time.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations



See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Hepatitis A

Tetanus

Typhoid

Yellow fever

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Chikungunya

Dengue

Hepatitis B

Measles

Meningococcal disease

Polio

Rabies

Tuberculosis

YELLOW FEVER CERTIFICATE

A yellow fever vaccination certificate is required for all travellers (usually over 9 months or 1 year old). There is a risk of yellow fever in parts of the country — vaccination may be advised.

MALARIA

High risk of malaria

- There is a high risk of malaria in Cameroon: antimalarial tablets recommended.

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Cameroon

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Fri 25 Dec 2026	Christmas Day
Fri 1 Jan 2027	New Year's Day
Thu 11 Feb 2027	Youth Day
Tue 9 Mar 2027	Eid al-Fitr (date may shift)
Fri 26 Mar 2027	Good Friday
Sat 1 May 2027	Labour Day
Thu 6 May 2027	Ascension Day
Sun 16 May 2027	Eid al-Adha (date may shift)
Mon 17 May 2027	Eid al-Adha (observed, estimated) (date may shift)
Thu 20 May 2027	National Day
Sat 14 Aug 2027	Mawlid (date may shift)
Sun 15 Aug 2027	Assumption Day
Mon 16 Aug 2027	Assumption Day (observed)

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Useful phrases in French

ENGLISH	FRENCH	SAY IT
Hello	Bonjour	<i>bon-ZHOOR</i>
Thank you	Merci	<i>mair-SEE</i>
Please	S'il vous plaît	<i>seel voo PLAY</i>
Excuse me	Excusez-moi	<i>ex-KOO-zay mwah</i>
How much is this?	C'est combien ?	<i>say kom-BYAN</i>

Know before you go

Carry your passport or a certified copy at all times: police and gendarmerie checkpoints are common on intercity roads, and officers expect to see identification.

The Central African CFA franc is pegged to the euro but isn't accepted in West African CFA countries. Use ATMs in Douala and Yaoundé, and carry euros as a backup elsewhere.

FCDO advice differs sharply between regions, including around Mount Cameroon and in the north, so check it before booking and again before each leg of the trip.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.