

TREKKING IN MONTS ALANTIKA AND BENOUE

14 days / 13 nights from Yaounde

THE ALANTIKA MOUNTAINS SYMBOLISE A COUNTRY KNOWN ONLY TO GOD. Discovering the customs and traditions and the friendliness of the local people will be the highlights of this trip. We'll be visiting two unforgettable and unique regions whose magnificent landscapes will immerse you in a Cameroonian atmosphere: the shrub and tree savannah from Ngaoundéré to Garoua, the grassy savannah, the dry wooded savannah, the forest galleries and the mountain vegetation. There are many small streams, which often run dry in the dry season. You'll suddenly be overwhelmed by cultural diversity. You'll discover the Alantika Mountains, meaning the mountains known only to God. This is a mountain range with vertical drops of between 1,200 and 1,885 metres, and grandiose landscapes on the edge of reality. You'll have a wonderful time discovering the way of life, beliefs and ancestral practices of the Koma people. This authentic people, who barely know the culture of dress, are quite simply exceptional. There are several groups of Koma, who are animists and venerate the elements of nature as well as the bones of their ancestors.

The 180,000-hectare Bénoué National Park is also a must-see. It was once the private hunting grounds of the Lamido de Rey Bouba. It has a camp called Buffle Noir where you can easily observe Buffon's cobs, Fassa cobs, hartebeests, hippotragues, giraffes, duikers, hippos, numerous monkeys, lions, buffaloes, elephants, etc.

ITINERARY

Day 1: EUROPE - YAOUNDE

Welcome at the international airport of the political capital of Cameroon, Yaoundé-Nsimalen, a green city with a mild climate, also known as the city of seven hills, like Rome. Transfer to hotel and overnight.

Day 2: YAOUNDE - N'GAOUNDERE

Breakfast. Excursion to the Mefou Zoological Park located 38 km from Yaoundé, a transitional park between a zoo and a protected area created in 1999, Partial visit to the city of Yaoundé, transfer to the passenger station at 4.45pm, aboard the sleeper train, enjoy the Cameroonian atmosphere, dinner and overnight on the train.

Day 3: N'GAOUNDERE

Breakfast on the train. Arrival at N'Gaoundéré, a transitional town between the south and the north, built at an altitude of 1100 m and still known as Cameroon's water tower because all the country's rivers originate here, discovery of the town surrounded by several volcanic hills, one of which gave it its name, N'Gaoundéré (navel mountain), visit to the Lamidat of N'Gaoundéré, dinner in a restaurant still in town, discovery by night of the atmosphere among the MBOUM people for those who want to and overnight at the hotel.

Day 4: N'GAOUNDERE - NGAN-HA 130 km

Breakfast, excursion to the Mboum village called Ngan-Ha, the Mboum are the natives of the Adamaoua region, a migratory people whose origins lie in Yemen, and who are also found in Chad and CAR. They are distinguished from the other Mboum by their Mgboryanga rites and traditions, arrival and visit of the Lamidat and its museum, organisation of traditional Mboum dances, picnic, return to N'Gaoundéré, diversions to visit the Tello waterfalls, continuation, dinner in a restaurant in town and overnight at the hotel.

Day 5 and 6: N'GAOUNDERE - BENOUE 114 km

Early wake-up call, breakfast, departure for the BENOUE National Park, view of the cliffs, continuation, arrival and accommodation at the Buffle Noir camp. With its 180,000 hectares, the park is home to an extremely varied fauna and is an excellent reserve, particularly the hippopotamus pond, an ideal place for hippos to survive, especially during the dry season. The vegetation is that of the wooded savannah, Safari vision all afternoon and a full day the following day (Baboons, Elephants, Antelopes, Buffon and Fassa cob and), return to the camp, dinner and overnight stay.

Day 7: BENOUE - POLI 122 km

Early wake-up call, breakfast, photo safari in the morning, departure for POLI at 9.30 am, passing observation of a very welcoming population along the way, always greeting you with a smile, the immensity and diversity of agricultural production. The exceptional natural conditions mean that the people of the far north have an agro-pastoral tradition adapted to the environment, as well as exemplary supervision of the farmers, which will be the object of your contemplation throughout your stay. Lunch in Poli with refreshments and accommodation in a village inn. Dinner and overnight stay.

Day 8: POLI

Breakfast, excursion to the Seckseba village 7 km from Poli to meet and share with the nomadic people (BORORO), who live mainly from livestock and are always on the lookout for pasture. The women collect the milk and package it in yoghurt for sale, return to Poli where we will have lunch, a second excursion to the Mango village to discover another tribe similar to the Koma called Namchi, observation of the traditional Namchi dance, return, dinner and overnight stay.

Day 9: POLI - ALANTIKA MOUNTAINS 90 km

Early wake-up call, breakfast, departure for Wangai via Voko and the valley of the roan trees, arrival and meeting of the porters, lunch, start of the trek, arrival and installation in tents, contact with the villagers, dinner and overnight stay.

Day 10 and 11: IMMERSION IN THE ALANTIKA MOUNTAINS

Early wake-up call, breakfast, trekking through the Koma villages, a primitive people of medium size living in the Alantika Mountains. They learned about clothing culture late in life, so their attire consists of hiding only their genitals with green tree leaves for the women, They have preserved their rites and traditions, their houses are made of clay covered with thatched roofs built between the rocks, discover the

rites and traditions of the Koma people, don't miss tasting the millet beer called Bili Bili in the different villages, dinner and overnight stay in tents.
Overnight on day 11 in Wangai.

Day 12: WANGAI - NGAOUNDERE 314 km

Early wake-up call, breakfast, drive to Ngaoundéré with unforgettable memories of our stay with the Koma. Lunch at Poli. This day's journey is fairly quick to avoid a late arrival in Ngaoundéré, as the journey is long. Arrival and installation at the hotel, dinner.

Day 13: NGAOUNDERE - TRAIN

Breakfast, purchase of train tickets, excursion to the Ngaoundaba Ranch located 35 km from Ngaoundéré, stop over at the Vina waterfalls, we will stay a few hours to take advantage of the attractions around the ranch, i.e. a visit to the crater lake, bird watching, hiking, etc. Back in town, transfer to the station for the train scheduled to leave at 6.15pm. Dinner and overnight on the train.

Day 14: ARRIVAL IN YAOUNDE - EUROPE

Breakfast on the train, arrival and transfer to the hotel for a Day Use, guided tour of the political capital of Cameroon, created in 1889 by the Germans Kurt Morgen and Georges Zenker. Initially a scientific post, it later became a military post under the command of Zinggraffel, lunch in a restaurant in the city, shopping in the craft centre, cultural evening to the rhythm of the balafons in a place in the city in the evening after dinner. Transfer to the airport. End of the tour.

Price per person:

from 1650 €

single supplement: 210 €

This price includes:

- Full board accommodation
- Accommodation in double room
- Vehicle, Drivers, Fuel, Tolls
- Guides
- Entrance fees to the Mefou and Bénoué Park
- Trackers, Porters
- Traditional dances
- All visits included in the programme
- Pirogue

This price does not include:

- Drinks
- Gratuities
- Personal expenses
- Cameras
- International flights