# Cameroon in 10 days: a day-by-day itinerary

*Cameroon is often described as Africa in miniature, but much of the country is currently subject to advice against all travel or all but essential travel: the Far North and Waza National Park, the North-West with Bafut, the South-West with Mount Cameroon, and the border areas. This ten-day itinerary therefore stays in the Littoral, South and Centre regions: Douala, the Kribi coast with its waterfalls plunging into the ocean, then Yaoundé. Check the official travel advice just before you leave, as the situation changes.*

## Day by day

**Days 1-2 · Douala, the gateway to the country** (night : Douala)
You land in Douala, the country's economic capital and a major port in Central Africa. On the first day, take it easy: the humid heat comes as a surprise. The next day, explore the administrative district of Bonanjo, its German colonial buildings and the Pagoda, the former residence of the Bell royal family, with its striking architecture. Stop at the Cathedral of Saints Peter and Paul in the Akwa district, then head towards the banks of the Wouri, the estuary that gave the country its name. The craft markets gather masks, carvings and fabrics from every region. Get around by car with a driver rather than by shared taxi, carry few valuables and avoid walking the streets after dark.

**Day 3 · Via Edéa to the Kribi coast** (night : Kribi)
Set off early for Kribi, about 180 kilometres to the south. Allow at least three hours on the road, often more because of traffic jams leaving Douala and the logging trucks, which must be overtaken with great care. The road passes through Edéa, a town on the Sanaga, the country's longest river, which you cross on a long bridge. In Kribi, settle in near the beach, walk to the fishing port to watch the pirogues come in late in the afternoon, and try the grilled fish or prawns. Plan your journeys to arrive before nightfall: official advice strongly warns against driving at night on all of the country's roads.

**Days 4-5 · The Lobé Falls and the beaches** (night : Kribi)
About seven kilometres south of Kribi, the Lobé River flows straight into the Atlantic Ocean over a series of cascades, a phenomenon that is very rare in the world. Come in the morning, when the light is soft, then travel up the river by pirogue with a boatman from the village, through forest and mangroves. On the second day, choose a quieter beach, towards Grand Batanga to the south or Londji to the north, known for its oysters and sheltered bay. Currents can be strong: only swim where local people do, and never alone. In the evening, go back to the Kribi fish market, where you choose your catch before it is grilled.

**Day 6 · Ebodjé and the sea turtles** (night : Ebodjé or Kribi)
About thirty kilometres further south, the fishing village of Ebodjé is known for its community sea turtle protection programme, which you can discover with guides from the village. Roughly from November to February, leatherback and olive ridley turtles come ashore to nest on these beaches: sightings take place at night, with a guide, without white torches or flash photography. Outside this season, the day is still pleasant for the beach and the coastal forest. Stay overnight in simple local lodgings or return to Kribi before dark. Do not push further south towards Campo and the border: border areas always call for extra caution and up-to-date information.

**Day 7 · Back inland to Yaoundé** (night : Yaoundé)
Head back to Edéa, then take the national highway linking Douala and Yaoundé. The whole journey from Kribi takes around five hours, longer with roadworks or heavy traffic. This road is considered one of the most dangerous in the country: leave early, with an experienced driver, and take breaks. After the Sanaga, the forest gives way to the green hills of the Centre region. Yaoundé, the capital, spreads over several hills, earning it the nickname of the city of seven hills. In the evening, keep to a dinner close to where you are staying: it will have been a long day, and moving around at night is not advised.

**Days 8-10 · Yaoundé, its hills and departure** (night : Yaoundé)
Start with the National Museum, housed in the former presidential palace, for an overview of the country's history and cultures. Then go up Mount Fébé for a view over the whole city, and stop at the Reunification Monument. The next day, visit the Mary Queen of the Apostles Basilica in Mvolyé, then spend the afternoon at the craft market. If you like wildlife, half a day at the Mefou primate sanctuary, about an hour south of the city, lets you see rescued chimpanzees and gorillas. On the last day, head to Yaoundé-Nsimalen International Airport, around thirty kilometres from the centre, allowing plenty of time.

## Getting around

The safest option is to hire a car with a driver for the whole trip, from Douala to Yaoundé: driving is demanding, the roads are busy with trucks and night driving is strongly advised against. Official advice recommends avoiding intercity public transport, which is often involved in accidents. In town, use a trusted driver rather than shared taxis. If your return flight leaves from Douala, allow a day on the road from Yaoundé, or take a domestic flight depending on current routes.

## When to go

The dry season, from November to February, is the best time: passable roads, clearer skies and pleasant beaches in Kribi. It also coincides with sea turtle nesting around Ebodjé. From March to October, rain is frequent and sometimes very heavy on the coast, especially in Douala, one of the wettest cities on the continent. The trip remains possible, but journeys take longer and the sea is rougher. If you can, avoid election periods, which can bring tensions.

## Practical information

## Cameroon

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| **Entry** | Depends on your passport: visiterafriqueunie.com/en/visa/cameroon/ |
| **Yellow fever** | Certificate required from all travellers |
| **Malaria** | throughout the country |
| **Currency** | Central African CFA franc (XAF) |
| **Languages** | French, English |
| **Plugs** | type C, E · dialling code +237 · UTC+1 |
| **Emergencies** | police 117 · ambulance 112 · fire 119 ou 118 |

## Departure checklist

## Documents

☐ Passport valid for at least six months after your return, with blank pages
☐ Visa or e-visa (printed if required)
☐ International vaccination certificate (yellow fever if required)
☐ Travel insurance certificate and assistance number
☐ Paper and digital copies of your passport and bookings
☐ Tickets, bookings and addresses saved offline
☐ International driving permit if you are hiring a vehicle

## Health

☐ Travel consultation done and vaccinations up to date
☐ Malaria tablets if your doctor recommends them
☐ First-aid kit: plasters, antiseptic, anti-diarrhoea tablets, rehydration salts
☐ Mosquito repellent suitable for the tropics
☐ Sunscreen, hat and sunglasses
☐ Personal medication and prescriptions

## Money and connectivity

☐ Bank told, Visa or Mastercard (and a backup card)
☐ Cash in euros or dollars, recent notes in good condition
☐ eSIM or local SIM card sorted
☐ Plug adapter for the country
☐ Power bank and cables
☐ Offline maps downloaded
☐ Afrique Unie app installed

## In the bag

☐ Light clothes that cover up (sun, mosquitoes, places of worship)
☐ A fleece for evenings, dawn safaris and altitude
☐ Walking shoes and sandals
☐ Head torch
☐ Water bottle (ideally with a filter)
☐ Small daypack and waterproof pouches
☐ Luggage padlock

## Before you close the door

☐ Your government's travel advice reread
☐ Trip registered with your consular service (if it offers this)
☐ Itinerary and contacts left with someone close
☐ Online check-in done and baggage allowance checked

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Notebook made from visiterafriqueunie.com/en/itineraries/cameroon-in-10-days/ · information checked in November 2026 against official sources. Entry, health and safety rules change: check them again before you leave (your country's official advice, the embassy of the country you visit).