



# Adventure in the Dzanga Sangha CAMEROON, CENTRAL AFRICAN REP.



**11 days**  
09 - 19 January 2025  
English speaking guide



## The 'unforgettable' of the trip:

- **Markets, artisanal gold mines** and the **Bantu tribes** of eastern Cameroon
- **Navigation on the Sangha River** to the **Dzanga-Sangha Park**
- **Trekking in the rainforest** on the tracks of **lowland gorillas**
- On the **Sangha Bai** platform, where you can admire forest **elephants, bongo trees** and **sitatunga antelopes**
- **Pygmy camps** in the forest, to discover the secrets of hunting and medicinal plants.



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# Adventure in the Dzanga Sangha

## CAMEROON, CENTRAL AFRICAN REPUBLIC

### Day 1: Thursday 09 January

#### Outward flight/Yaoundé (NIS)

Flight to Yaounde. On arrival, meeting with the Kanaga Africa Tours staff who will arrange transfer to Hotel Safiyad or similar. Overnight stay in a double room with services.

### Days 2-3: from Friday 10 January to Saturday 11 January

#### Yaoundé/Bertoua/Yokadouma

After breakfast we depart for the east of Cameroon. We will pass through the towns of Ayos and Abong Mbang, make stops in Bantu villages and Doume to admire buildings of German colonial architecture, visit colourful traditional markets where viande de brousse (antelopes, porcupines, pangolins, ... ) and the fruit and vegetable products of the region (pineapple, plantain, avocado, macabo), we will meet fishermen on the Kadei river, pass trucks transporting large logs (main economy of the region) and take a walk through a cocoa plantation. Lunches in local restaurants along the way, breakfasts, dinners and overnight stays in hotels (Mansa Hotel or similar in Bertoua, Catholic Mission or similar in Yokadouma).

### Day 4: Sunday 12 January

#### Yokadouma/Lidjombo/Dzanga-Sangha

After breakfast, depart for Lidjombo, via tracks through dense rainforest, with the possibility of wildlife sightings (with a little luck), such as chimpanzees, gorillas, buffaloes and bongo antelopes. Crossing the BORDER WITH THE CENTRAL AFRICAN REPUBLIC, time for formalities and visa requirements. Continuation by BOAT ON THE SANGHA RIVER (2-3 hour boat trip), where we glide over the placid waters surrounded by lush nature and can easily spot monkeys, crocodiles and hippos. We are in the heart of the DZANGA-SANGHA PARK, created in 1990 with the support of the WWF, and part of the Tri-national Sangha (together with the Lobéké Park in Cameroon and the Nouabalé-Ndoki Park in the Republic of Congo), an area of 4.5 million hectares of tropical forest, a UNESCO World Heritage site in 2012. Arrival and disembarkation in Bayanga, accommodation at Doli Lodge or similar, dinner and overnight in double rooms with services.



Musgum clay house



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# Adventure in the Dzanga Sangha

## CAMEROON, CENTRAL AFRICAN REPUBLIC

### Day 5: Monday 13 January

#### Dzanga-Sangha Park

After breakfast at the lodge, transfer to Bai Hokou (or Mongambe), guided by the eco-guards and Pygmy trackers, for a TREKKING IN THE FOREST\* to meet a family of WEST GORILLA (*Gorilla gorilla*) in their natural habitat, but accustomed to human presence, thanks to the patience (it takes 4/5 years of work to accustom a family) and the skilful research work of a team of experts who have studied their behaviour. In addition to offering protection to these primates at risk of extinction due to both the reduction of their environment and poaching, the park also contributes to the sustenance of the pygmy populations living in the surrounding area by developing activities for the rational and sustainable exploitation of the forest's resources. Lunch box. If time permits (and if trekking has taken place in Bai Hokou) there is the possibility of an encounter with mangabeys, small monkeys with fine, long limbs and extremely agile. Dinner and overnight at the lodge.

*\*The duration and difficulty of the trek depends on the location of the gorillas, and generally the time allowed for viewing is 1 hour.*

### Day 6: Tuesday 14 January

#### Dzanga-Sangha Park

After breakfast we depart for the east of Cameroon. We will pass through the towns of Ayos and Abong Mbang, make stops in Bantu villages and Doume to admire buildings of German colonial architecture, visit colourful traditional markets where viande de brousse (antelopes, porcupines, pangolins, ... ) and the fruit and vegetable products of the region (pineapple, plantain, avocado, macabo), we will meet fishermen on the Kadei river, pass trucks transporting large logs (main economy of the region) and take a walk through a cocoa plantation. Lunches in local restaurants along the way, breakfasts, dinners and overnight stays in hotels (Mansa Hotel or similar in Bertoua, Catholic Mission or similar in Yokadouma).





# Adventure in the Dzanga Sangha

## CAMEROON, CENTRAL AFRICAN REPUBLIC

### Day 7: Wednesday 15 January

#### Dzanga-Sangha Park

After breakfast at the lodge, we will head for the PYGMIES camps, for a day dedicated to discovering the daily practices of this people, who have managed to adapt extraordinarily well to the harsh conditions of forest life by maintaining a deep, almost symbiotic, bond with nature. Semi-nomadic hunters and gatherers, famous for their small size, but also for their rich oral traditions, dances and polyphonic songs, their origins remain mysterious. Most of them continue to practise the itinerant life within the virgin forest, in symbiosis with nature and finding in it the necessary subsistence. True millenary repositories of the secrets linked to the properties of plants and the perfect control of an environment apparently hostile to most, pygmy healers are not infrequently called upon by the other local populations who do not have easy access to the cures of modern medicine. Moving on foot through the dense vegetation, we will follow the tracks and footprints of the animals and learn the techniques of hunting (tortoises, pangolins, fallow deer...) and fishing, assist in the collection of palm caterpillars and honey, acquire some rudiments of traditional pharmacopoeia, and observe the architecture of the *mungulu*, the typical igloo-like huts made of leaves where families find shelter at night. Lunch box. Return to the lodge, dinner and overnight.



# Adventure in the Dzanga Sangha

## CAMEROON, CENTRAL AFRICAN REPUBLIC

### Days 8-9: from Thursday 16 January to Friday 17 January

#### Dzanga-Sangha/Yokadouma/Bertoua

After breakfast, we depart by boat to the BORDER WITH CAMEROON, clearing of the formalities and continuation. Along the way, we will make numerous stops and visit traditional gold mines, where, using rudimentary methods, large holes are dug in the ground and the miners lower themselves with the sole aid of a rope and a torch in search of the precious metal. Meetings with the Bantu and visits to lively weekly markets are not missing. Lunches in local restaurants along the way, breakfasts, dinners and overnight stays in hotels (Catholic Mission or similar in Yokadouma, Mansa Hotel or similar in Bertoua).

### Day 10: Saturday 18 January

#### Bertoua/Yaoundé

After breakfast we continue to the capital. Lunch in a restaurant en route. On arrival, depending on time available, city tour of YAOUNDE' and visit its handicraft centre, where you will find valuable masks, bronzes and leather goods. Some rooms in day use. Transfer to the airport. End of services.

### Day 11: Sunday 19 January

#### Yaoundé/Return flight

Arrival at the destination airport.

## Doli Lodge in the Dzanga Sangha Reserve

*This lodge complex is located on the banks of the Sangha River. It consists of several wooden buildings, each bungalow has a large terrace with a view of the Sangha, and all the necessary amenities, such as solar hot water and wifi, so you can rest and have a pleasant time after your activities in the Reserve.*

***There are only 8 rooms available, so it will be essential to book your trip well in advance (we recommend 6 months in advance) to secure a place in this 'corner of paradise'.***





# Adventure in the Dzangha Sangha (CAMRCA01PS250109)

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**Individual participation fee in double room  
(min. 3 - max. 12 pax)**

**3,590 €/pax**

**in promotion at € 3,490  
for bookings before 09/10/2024**

**in promotion at € 3,390  
for bookings before 09/07/2024**

### Supplements per person:

- Enrollment fee: **free**
- Single room: **380 €**
- Gorilla trek: **600 €/pax**
- Mangabey trek: **50 €/pax**
- Elephant trek (Sangha-Bai): **120 €/pax**
- Cameroon visa service double entry: **290 €**

### The fee includes:

- French/English-speaking local guide
- English speaking tour leader (from 7 pax);
- Visits and excursions as per the itinerary;
- Entrance to the Dzanga-Sangha park;
- All transfers by 4x4 Toyota or similar (maximum 4 pax/car), including drivers, diesel and taxes/tolls;
- Full board except in Yaoundé;
- 9 overnight stays (5 in hotels and 4 in lodges);
- Day use in Yaoundé (1 room for every 4 participants).

### The fee does not include:

- Visa for Cameroon double entry;
- The visa for Central African Republic (at the border, about 80 Euro);
- The cancellation, health, baggage insurance;
- The airline flights;
- Dinners in Yaoundé;
- Mineral water and drinks;
- Gorilla, mangabey and elephant permits;
- Non-programme photographic and video tips;
- Tips and personal expenses;
- Everything mentioned in "supplements";
- Anything not expressly mentioned in "the price includes".