

Contents

INTRODUCTION.....	11
FACTS ABOUT THE REGION	14
Geography	14
Climate	14
National Parks	17
Government.....	18
Economy	19
People	20
Music	23
Social Customs	28
Religion.....	33
Language.....	35
FACTS FOR THE VISITOR.....	36
Visas.....	36
Customs	41
Money.....	42
When to Go	46
What to Bring	47
Cultural Events & Holidays	48
Post & Telecommunications.....	49
Electricity.....	50
Books	50
Maps	56
Film & Photography	56
Health.....	58
Dangers & Annoyances	71
Activities.....	72
Highlights.....	74
Food	75
Drinks.....	78
Markets	78
Things to Buy.....	79
GETTING THERE & AWAY.....	83
Air.....	83
Land.....	88
Crossing the Sahara	90
Sea.....	96
GETTING AROUND.....	98
Air.....	98
Train.....	99
Bush Taxi.....	100
Truck.....	101
Bus	101
Car.....	101
Bicycle	103
Local Transport.....	104
CAMEROON	106
Facts about the Country 106	
History	106
Geography	110
Climate	110
Government.....	110
Economy.....	111
Population & People.....	111
Music	112
Language	113
Facts for the Visitor	114
Visas & Embassies	114
Documents.....	116
Customs	116
Money.....	116
Business Hours & Holidays	116
Post & Telecommunications.....	117
Photography.....	117
Health	117
Dangers & Annoyances.....	117
Food.....	118
Getting There & Away.....	118
Air.....	118
Land.....	119
Sea	120
Getting Around.....	121
Air.....	121
Bus	121
Train.....	121
Bush Taxi	122
Car.....	122
Bicycle	123
Yaoundé.....	123
Around Yaoundé	136
Douala.....	137
Southern Cameroun.....	150
Kribi	150
Around Kribi.....	153
Ebolowa	153
Ambam	155
Western Cameroun.....	155
Limbe	155
Buea & Mt Cameroun	159
Kumba.....	162
Korup National Park &	
Mundemba.....	164
Mamfé	165
Foumban	166
Bafoussam	169
Around Bafoussam	173
Dschang	174
Bamenda	175
Around Bamenda	179
Ring Road	179
Eastern Cameroun	181
Bertoua	181
Batouri	182
Garoua-Boulai	182
Meiganga	182
N'Gaoundal, Tibati & Banyo	182
Northern Cameroun	183
N'Gaoundéré	183
Bénoué & Bouba Ndjida	
National Parks	188
Garoua	189
Around Garoua	193
Maroua	193
Around Maroua	199
Mokolo	200
Around Mokolo	201
Rumsiki	202
Around Rumsiki	203
Mora	203
Around Mora	204
Waza National Park	205
Kousseri	206

CENTRAL AFRICAN REPUBLIC 207

Facts about the Country	207	Photography.....	217	Kembé	239
History	207	Health.....	217	Bangassou	239
Geography	210	Dangers & Annoyances	217	The North	239
Climate	211	Getting There & Away	217	Kaga Bandoro	239
Government.....	211	Air	217	Kabo	240
Economy.....	212	Land	218	Sido	240
Population & People.....	212	River	220	St Floris &	
Music	213	Getting Around	221	Bamingui-Bangoran Parks.....	241
Language	214	Air	221	N'Délé	242
Facts for the Visitor	214	Bus & Truck.....	221	Birao.....	242
Visas & Embassies	214	Canoe	221	The West & South-West.. 243	
Documents.....	215	Bangui	221	Bossembélé	243
Customs	216	Around Bangui	233	Bouar	244
Money	216	The East	234	Around Bouar	246
Business Hours & Holidays ...	216	Sibut	234	Camot.....	246
Post & Telecommunications....	216	Bambari	236	Berbérati.....	246
Time.....	217	Mobaye	238	Dzanga-Sangha Reserve	247

CHAD 251

Facts about the Country	252	Time	263	The South	280
History	252	Photography.....	263	Sarh	280
Geography	256	Health.....	263	Entertainment.....	283
Climate	257	Dangers & Annoyances	263	Zakouma National Park	284
Government.....	257	Getting There & Away	264	Sido	284
Economy.....	257	Air	264	Koumra	285
Population & People.....	258	Land	264	Moundou	285
Music	259	Getting Around	266	The East	288
Language	260	Air	266	Abéché	288
Facts for the Visitor	260	Bus	266	Around Abéché	289
Visas & Embassies	260	Truck	266	The North	289
Documents.....	262	Car.....	267	Fada	289
Customs	262	N'Djamena	267	Moussoro	290
Money	262	Around N'Djamena	278	Faya	290
Business Hours & Holidays ...	262	Linia Market	279	Tibesti Mountains	290
Post & Telecommunications....	263	Lake Chad & Douguia.....	279		

THE CONGO 292

Facts about the Country	292	Photography.....	302	Pointe-Noire	321
History	292	Health.....	302	Around Pointe-Noire	329
Geography	296	Dangers & Annoyances	302	Loubomo (Dolisie)	329
Climate	297	Food	302	Nyanga	333
Government.....	297	Getting There & Away	303	Mbinda	333
Economy.....	298	Air	303	Sibiti	333
Population & People.....	298	Land	303	Kinkala & Matoumbou	333
Arts & Culture	298	Sea & River	304	The Centre & The North.. 334	
Language	299	Getting Around	305	Djambala	334
Facts for the Visitor	299	Air	305	Oyo	334
Visas & Embassies	299	Minibus	305	Owando	334
Documents.....	301	Train	305	Makoua	335
Customs	301	Car	305	Ouesso	336
Money	301	Riverboat	306	Bomassa	336
Business Hours & Holidays ...	301	Brazzaville	306	Impfondo	337
Post & Telecommunications....	301	Around Brazzaville	320		
Time	302	The West	321		

EQUATORIAL GUINEA	338
Facts about the Country	338
History	338
Geography	341
Climate	341
Government	342
Economy	342
Population & People	343
Arts & Culture	343
Language	343
Facts for the Visitor	344
Visas & Embassies	344
Documents	344
Customs	344
Money	345
Business Hours & Holidays	345
Post & Telecommunications	345
Time	345
Photography	345
Health	346
Dangers & Annoyances	346
Getting There & Away	346
Air	346
Land	346
Sea	347
Getting Around	348
Air	348
Bush Taxi	348
Car	348
Boat	348
Bioko Island	348
Malabo	348
Around Malabo	355
Luba	355
Around Luba	356
Rio Muni (The Mainland)	357
Bata	357
Mbini	361
The Southern Border	361
Evinayong	362
Ebebiyin	362
GABON	365
Facts about the Country	365
History	365
Geography	368
National Parks	369
Climate	370
Government	370
Economy	370
Population & People	371
Education	371
Religion	371
Arts & Culture	371
Language	372
Facts for the Visitor	372
Visas & Embassies	372
Documents	374
Customs	374
Money	375
Business Hours & Holidays	375
Post & Telecommunications	375
Time	376
Film & Photography	376
Health	376
Food	377
Getting There & Away	377
Air	377
Land	378
Sea	379
Getting Around	379
Air	379
Minibus, Bush Taxi & Truck	379
Train	380
Boat	380
Libreville	381
Around Libreville	396
The Coast	398
Port-Gentil	398
Iguéla & Setté Cama	405
Cocobeach	405
The Western Interior	406
Ndjolé	406
Lambaréné	407
Around Lambaréné	412
Mouila	413
N'Dendé	413
Tchibanga	414
The North & East	415
Bitam	415
Oyem	415
Makokou	418
Around Makokou	419
Booué	419
Réserve de la Lopé	421
The South-East	422
Lastoursville	422
Koulamoutou	424
Moanda	425
Franceville	427
Around Franceville	433
Okondja	433
SÃO TOMÉ E PRÍNCIPE	434
Facts about the Country	434
History	434
Geography	436
Climate	437
Government	437
Economy	437
Population & People	438
Arts & Culture	439
Language	439
Facts for the Visitor	439
Visas & Embassies	439
Documents	440
Customs	440
Money	440
Business Hours & Holidays	440
Post & Telecommunications	440
Time	440
Photography	441
Health	441
Dangers & Annoyances	441
Getting There & Away	441
Air	441
Sea	441
Getting Around	442
Air	442
Bus & Taxi	442
Boat	442
São Tomé	442
Around São Tomé	448
Príncipe	450
ZAÏRE	452
Facts about the Country	452
History	452
Geography	458
Climate	459
Government	459
Economy	460
Population & People	461
Arts & Culture	461
Music	463
Language	463
Facts for the Visitor	464
Visas & Embassies	464
Documents	467
Customs	467
Money	467
Business Hours & Holidays	468
Post & Telecommunications	469
Time	469

Photography.....	469	Kolwezi.....	503	Eastern Zaïre.....	518
Health	469	Mbuji-Mayi.....	504	Bukavu	518
Dangers & Annoyances.....	469	Kananga.....	504	Parc National de	
Food.....	470	Ilebo	505	Kahuzi-Biéga	526
Getting There & Away.....	470	Kikwit	505	Goma	528
Air.....	470	Northern Zaïre.....	506	Gisenyi	534
Land.....	471	Gbadolite.....	506	Rutshuru	536
Sea	472	Businga	507	Butembo	537
Getting Around.....	472	Zongo	507	Beni	539
Air.....	472	Gemena	507	Kasindi	541
Major Routes.....	473	Binga	508	Komanda	541
Car	477	Lisala	508	Bunia	541
Boat.....	478	Bumba	508	Parc National de	
Western Zaïre	480	Buta.....	509	Virunga	541
Kinshasa	480	Kisangani	509	Volcano Hikes	543
Around Kinshasa	497	Kisangani to Bukavu	514	Virunga Gorillas &	
Mbanza-Ngungu.....	497	Ikela	514	Chimpanzees	544
Matadi.....	498	Mbandaka	514	Rwindi Plains	547
Boma.....	498	Around Mbandaka	515	Ishango	548
Muanda.....	498	Epulu	515	Ruwenzori Mountains.....	549
Central & Southern Zaïre	499	Isiro	516	Mt Hoyo	553
Lubumbashi	499	Garamba National Park	517		

INDEX

Maps 555 Text 555

SÃO JOSÉ E PRÍNCIPE