



CAMEROON AND CENTRAL AFRICAN REPUBLIC TOUR

PRACTICAL INFORMATION



What to expect on this trip?

This trip offers a rare glimpse into rural African life, from meeting Baka pygmies to experiencing traditional cultures. You'll journey through stunning wild landscapes—lush rainforests, roaring waterfalls, and diverse wildlife. Be prepared for an adventure off the beaten path, with rough roads, limited infrastructure, and basic accommodations. This is a raw and unfiltered travel experience, perfect for those seeking true exploration.

*The tour is not recommended for people with mobility issues or illnesses. You will travel in a small group of international travelers (6-14 people).



Visa requirements:

Cameroon: Most nationalities can apply for e-visa to Cameroon. After your reservation is confirmed, we will assist you with the required documents for application.

CAR: we will assist you with providing a letter of invitation for getting the visa on arrival. The cost of the letter is about 130-150 EUR (to be confirmed after booking).

*Please keep in mind your passport must be valid until at least 6 months after the date of arrival and must have enough free pages.

Accommodation & transportation:

In Cameroon, transportation is by bus, with the vehicle size depending on the group. In the Central African Republic, 4x4 vehicles are used due to rough road conditions. Accommodations are of standard quality, but some hotels may not have elevators. When staying outside major cities, electricity can be limited, and some lodgings rely on generators for power. While the trip offers a comfortable enough base for exploration, expect simple facilities, especially in more remote areas.



Dress code and what to pack:

Check the weather before your trip to pack accordingly. Wear comfortable shoes, as the itinerary includes walking and visits to waterfalls—hiking sandals are the best option for these areas. We highly recommend bringing a backpack or softshell luggage, as it's easier to carry, especially since luggage may be stored on a rack on top of the bus. Some hotels do not have elevators, so you should be able to carry your own bags upstairs. Pack light, but ensure you have essentials for both city stays and rural adventures.

Other things to pack:

- Sunscreen
- Raincoat
- Swimsuit
- Insect repellent
- Antibacterial hand gel or wipes
- First Aid Kit
- Travel sickness tablets if you need them
- Universal power adapter (type C and E are used in Cameron and CAR)
- Power bank for charging your devices



Currency and payments:

Credit/ debit cards are not widely accepted. You must bring all the money you will need in cash in USD or EUR. Make sure your banknotes are new and don't have any ink or other stains on them. Such notes most likely won't be accepted. Your tour guide will advise you about the best ways to exchange money.

Budget: to calculate your budget, keep in mind meals except breakfast, entry fees and tips and personal expenses are not included.

Meal prices: you can expect to pay around 5-15 USD per meal depending on the type of restaurant.

Entry fees: entry fees in total for the whole tour are about 80-110 USD.

Local payment:

The local payment is part of the total cost of the tour, it is NOT an additional fee.

During this tour, there are a lot of cash expenses that we as an agency need to cover.

That's why to make it safer and easier for our tour leader, they will collect a small amount in cash directly from you during the tour (this amount was already deducted from your invoice).

Having a Local Payment also allows us to keep the cost of our tours competitive and save on operational and administrative costs, so we can pass the savings on to you.

Please note that the local payment doesn't cover tips for the local guides or entry fees.



Other things to note:

- **Safety:** While Cameroon is relatively stable, travelers should exercise caution, especially in crowded areas where petty theft (pickpocketing, bag snatching) can occur. Stay aware of your surroundings and keep valuables secure. The Central African Republic has been dealing with ongoing armed conflict between various militia groups, political unrest, and widespread violence, which has left the country in a state of insecurity. We make sure to stay up to date which areas are safe for foreigners to visit and might change the itinerary if the security situation changes. You should strictly follow the security advise of the local guide while on the trip for recommended behavior and places to avoid.
- **Internet and Connectivity:** Wi-Fi is available in most hotels, but it might not always be reliable. We recommend installing an e-sim in advance.
- **Cultural Sensitivity:** When visiting local villages and communities, follow the guidance of the local guide regarding gifting to children or community members. The guides work with these communities, ensuring our visit is respectful and beneficial, without causing unintended issues.
- **Photography:** Photography rules are strict in CAR –do not take pictures of official buildings, military personnel, or security checkpoints.
- **Meals:** You will have breakfast included in the hotel accommodation. Most of the days, we will skip lunch and have snacks or takeaway sandwiches on the road. This is due to the long drives in our programs, as sometimes meals in local restaurants can take a lot of time and affect our itinerary.



Local guides and tour leader:

On this tour, you will be accompanied by a tour leader from Penguin Travel (if the group is min. 10 people) and local English-speaking guides.

The tour leader is responsible for organizing the logistics and ensuring that the tour runs smoothly.

The tour leader might have or have not visited the destination before.

The local guides will provide more information about the history and significance of the places you visit.

Some of the sites have their on-site guides.

Tips for the local guide/ tour leader are not included in the package price (we recommend about 5 USD per person per day for the local guide/tour leader and 3 USD per person per day for the driver).

*[Click here](#) to see our Cameroon and CAR tour itinerary and departure dates.

*Please keep in mind there might be some changes during your trip, especially the prices mentioned.

Last update: January 2025

WE WISH YOU
AN UNFORGETTABLE TRIP!

