Mt. Cameroon, highest in Central & West Africa - 13,435 feet.

Ikom Waterfall. "Greystoke, the Legend of Tarzan" filmed here.

Yaounde - the capital. Population: 1.3 million people.

Twin Lakes (male & female) of Kupe-Manenguba. 7,874 ft. above sea level.

The Indomitable Lions soccer team.

Roasted fish, fried plantains and miondo.

Light pepper soup with meat and fufu (paste).

Vegetables meat stew and fried plantain.