CAMEROON
0 km 50 100 150 km
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National Capital (1,120,000 in 99)
over 1,300,000
over 100,000
over 20,000
other main city
other city
Chief town of prefecture
CHAD
Ndjamena
Maiduguri
Kousséri
EXTREME-NORD
Maroua
Mokolo
Mora
Mts Mandara
Yagoua
Bongor
Kaélé
Guider
Kumo
Garoua
Pala
Benue
Chari
Logone
Mayo-Kébbi
NORD
Poli
Tchollire
Lac de Lagdo
Moundou
Ngaoundéré
Massif de l'Adamaoua
Tignère
Banyo
ADAMAOUA
Meiganga
Tibati
Lac de Mbakaou
Bouar
C. AFRICAN R
Berbérati
Carnot
Bamenda
NORD-OUEST
Kumbo
Fundong
Wum
Mbengwi
Foumban
Bafoussam
OUEST
SUD-OUEST
Dschang
Mamfé
Bafang
Bangangté
Bandjoum
Baham
Nkongsamba
Bangem
Mundemba
Kumba
Buea
Limbe
Douala
LITTORAL
Edéa
Eséka
YAOUNDÉ
CENTRE
Bertoua
EST
Abong Mbang
Yokadouma
Batouri
Mbalmayo
Ebolowa
SUD
Sangmélina
Kribi
Ambam
Akonolinga
Mfou
Ngoumou
Bafia
Nanga-Ekobo
Yabassi
Monatélé
Mt Cameroun
Calabar
Malabo
Bioco
NORTH ATLANTIC OCEAN
EQUAT. GUINEA
GABON
CONGO
Sanaga
Nyong
Dja
Boumba
Kadéi
Lom
Mambéré
Ngoko
Djérem
Vina
Mbéré
Logone Occ.
Logone Orient.
Kurdi