

S.No.	Region	French name	Capital	Area (km2)	Population (2005 census)	Population (2022 est.)	Population density (/km2)
1	Adamawa	Adamaoua	Ngaoundéré	63,701	903,000	1,124,000	8
2	Central	Centre	Yaoundé	68,953	3,105,000	3,905,000	24
3	East	Est	Bertoua	109,002	783,000	830,000	5
4	Far North	Extrême-Nord	Maroua	34,263	3,119,000	3,796,000	54
5	Littoral	Littoral	Douala	20,248	2,502,000	3,178,000	67
6	North	Nord	Garoua	66,090	1,703,000	2,297,000	13
7	Northwest	Nord-Ouest	Bamenda	17,300	1,735,000	1,906,000	69
8	South	Sud	Ebolowa	47,191	641,000	773,000	8
9	Southwest	Sud-Ouest	Buea	25,410	1,325,000	1,503,000	34
10	West	Ouest	Bafoussam	13,892	1,712,000	1,875,000	97

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