

THE MOROCCAN HIGH ATLAS
MOUNTAIN COUNTRY AND VALLEY HIKES
NICE 'N EASY PRIVATE ONE DAY ANY DAY HIKES
FROM THE DOUAR SAMRA TAMATERT



LEVEL OF DIFFICULTY:- GRADE ONE:-



WALKING MOSTLY ON PATHS AT LOWER LEVELS, SOMETIMES ROCKY, SELDOM FLAT, FOR ABOUT 3-6 HOURS EACH DAY. GOOD TRAINERS WOULD DO, BUT TAKE BOOTS IF YOU ARE USED TO THEM. FOR ANYONE WHO LEADS A REASONABLY ACTIVE LIFE. HIKING ALWAYS INVOLVES SOME EFFORT. CLEARLY THERE ARE MANY DIFFERING FACTORS THAT CONTRIBUTE TO THE DIFFICULTY OF A PARTICULAR HIKE, INCLUDING LENGTH OF DAY, TERRAIN, ALTITUDE AND WEATHER CONDITIONS. SINCE THESE FACTORS ARE NECESSARILY VARIABLE, ANY SYSTEM OF GRADES CAN ONLY PROVIDE A GENERAL INDICATION. WE HAVE TRIED TO MAKE OUR SYSTEM AS CLEAR AS POSSIBLE, BUT IT CANNOT ACCOUNT FOR PERSONAL ABILITIES OR EXPERIENCE.

BACKTRAILS TO THE TAMSOULT CASCADE

OBTdsRAK03m 7 hours' easy rambling.

DOUAR SAMRA - IMLIL - TIZI M'ZIK - TIZI OUSSEM - TAMSOULT WATERFALL - IMLIL- DOUAR SAMRA:



With the mighty Jbel Toubkal - at 4167m the highest peak in the Maghreb – and her sisters Aguelzim (3547m) and Aksouâl (3847m) almost within touching distance, we set off at 09:00 on our private, guided hike towards the west up through almond, walnut and apple groves to a panoramic vista of the beautiful valley of Imlil and of the Berber hamlets of Tanghourt, Fimlil and of M'Zik, with its red ochre minaret in front of us, all seeming to cling precariously to the mountain slopes. The majority of the villages we shall see on our hike are built of pisé, dug from the earth of the surrounding slopes. Our piste takes us through a couloir of red and bluish rocks until we reach the Tizi M'Zik (2664m) where we shall stop to admire the Jbel Oukaïmeden range, the high plateau of Tazaghârt and of the beginning of the renowned Valley of the Assif Aït n'Ouissedene with its numerous palmeraies. It has taken us some 2½ hours to reach this point and we now start our descent for a further 1½ hours through woods of juniper and pine of the valley created by the Jbel Tasghimout (2664m) and the Adrar Adj (3729m) to the Tamsoult Cascade (2204m), also known as the Irhoulidene Cascade, where we stop for our field picnic lunch (bring your swimsuit with you during the late spring to early autumn). When you feel up to it, we'll stroll back via the same route, but by different paths via the Tizi M'Zik and on to our welcoming return to Jacqueline's Kasbah for a shower and our excellent dinner before retiring for the night.



OUR PRICES WILL INCLUDE: An experienced licensed bi-lingual mountain guide throughout. A field picnic lunch. Field picnic lunch - fresh Moroccan salad, cheese, tinned tuna fish*, mint tea, bread, fruit. *If **vegetarian or vegan** please pre-advise. Medical and Accident Insurance.

OUR PRICES WILL NOT INCLUDE: *Accommodation pre & post, nor transfers from/to Marrakech.* SHOULD YOU NOT HAVE ALREADY BOOKED YOUR TRANSFERS TO/FROM AND ACCOMMODATION IN THE DELIGHTFULLY-UNIQUE KASBAH SAMRA, WE SHALL BE DELIGHTED TO DO SO FOR YOU. Gratuity to guide. Any expenditure of a personal nature. Bottled or gaseous water, nor anything not specifically mentioned in the itinerary.

IT IS RECOMMENDED YOU BRING WITH YOU: Good trainers or walking boots. Rambler pole (optional), hats, sunscreen, sunglasses; nibbles and/or power bars; hygienic 'wipes'. Walking socks; day pack 'bum bag', insect repellent, camera and filled water bottle, possibly some biros and sweets for the local mountain Berber children.

Should you wish to hire a mule to accompany you on this hike, there'd be an additional sum to pay per beast.