

**THE MOROCCAN HIGH ATLAS**  
**MOUNTAIN COUNTRY AND VALLEY HIKES**  
**NICE 'N EASY PRIVATE ONE DAY ANY DAY HIKES**  
**IN THE AIT MIZANE AND AZZADENE VALLEY REGIONS**



**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.

## A OUIRGANE OF WILD VALLEYS AND PLATEAUX

**OBTtoRAK09m 5½ hours' ramble.**

**OUIRGANE - IMARAGHEN NOUFLA - TINZERT - TIZI n'TARABAZA - TAGADIRT N'OUSSNI - OUIRGANE.** After an



early breakfast we set off at 9 o'clock from your hotel with our Moroccan Mountain Guide towards the south along mule tracks near a long salty stream to arrive some 90 minutes later at the village of Marigha Izdern (1205m) and on to Imareghan Noufla (1224m) with its age-old stone oil presses still using the traditional grinding round of donkeys or mules. From here, with the Adrar Takherkhourte (2660m) to our right, we trek for another 45 minutes alongside scattered fields of maize, seasonal wild flowers, olive tree stands and occasional Berber hamlets to the little village of Tinzert ("nose" in Amazigh, the Berber language). Here, surrounded by mountains, we'll come across a centuries'-old salt mining industry - cavernous wells from which the local peasants draw water into large salt flats so as to evaporate out the water. Doubtless we may see the womenfolk riding from hamlet to hamlet, selling their salt from the back of their donkeys - or on to the local entrepreneur - at set times to stop to face the horizon beyond which Mecca lies, and say the prayer that begins, "God is most great! God is most great! There is no god but God!" We should also, depending on the weather and time of day, get to see those delightful Berber women in their brightly-coloured clothing sitting on their haunches for a chat after gathering wood and hay, which they still carry on their backs. Salt has been a currency for ages, more precious to these people than gold and once a prime destination of the caravans from Mali and Mauritania. Some 35 minutes trekking past this special village we'll take our field picnic near stands of olive, walnut and almond trees to continue now for 45 minutes up to the top of the Tizi n'Tarabaza (1706m), affording us a magnificent panoramic view of the Plateaux of Tarabaza, Khik and Moulay Brahim; of the distant Tizi n'Test, Jbel Oukaïmeden and the Oussertek Valley. Later we'll hike downhill for some 65 minutes along zigzagging mule trails alongside ochre sandstone and milk-white limestone hills to the village of Tagadirt n'Oussni in the Aït Mizane Valley where we shall rejoin our car taking us back to our hotel.

**OUR PRICES WILL INCLUDE:** Private transportation Tagadirt n'Oussni-Ouirgane. An experienced licensed bi-lingual mountain guide throughout. Light field picnic lunch. Medical and Accident Insurance. **FIELD PICNIC:** Fresh Moroccan salad, cheese, tinned tuna fish \*, fruit, bread, mint tea. \* If **vegetarian or vegan** please pre-advise.

**OUR PRICES WILL NOT INCLUDE:** *Accommodation pre & post in Marrakech and Ouirgane, nor transfers from/to Marrakech's hotel/riad or airport.* Gratuity to guide and chauffeur. Any expenditure of a personal nature. Bottled or gaseous water, nor anything not specifically mentioned in the itinerary.

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**IT IS RECOMMENDED YOU BRING WITH YOU:** Walking boots or good, strong high ankle trainers; rambler pole (optional); hats; anorak or windcheater (seasonal); sunscreen, sunglasses; binoculars, camera, nibbles; filled water bottle.

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