


# THE MOROCCAN HIGH ATLAS RANGES

## MOUNTAIN CROSS COUNTRY AND VALLEY HIKES

Nice 'n easy PRIVATE one day any day hikes from the



LEVEL OF DIFFICULTY:- GRADE ONE:-  WALKING MOSTLY ON MULE OR GOAT TRACKS, SOMETIMES ROCKY, SOMETIMES FLAT, FOR BETWEEN 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.

## A STROLL THROUGH HIGH ATLAS VALLEYS AND PLATEAUX

OBTKT02m 5-6 HOURS HIKING

**KASBAH TAMADOT - TIZI N'OUADOU - TIOULI OU BAQI - ZAOUIAT MOULAY IBRAHIM - KASBAH TAMADOT.**



A 9 o'clock departure towards the north from this beautiful hotel overlooking the steep, forested river valley of the Ait Mizane on an easy walk along to the valley of the Assif n'lghighayene keeping to the slopes of the Jbel Asloun, passing by various Berber hamlets and the villages of Timzra, Tagadirt, Tamasil and Tamgounsil until we reach the Berber village of Asni, once an important crossroads for caravan trails at 1165m. From this bustling village we strike out up along mule trails towards the northeast through the col of the Tizi n'Ouadou (1511m). From here we strike out to the northwest up along the valley of the Assif Ain n'lhris and alongside the escarpment of the Adrar Toukkal (1478m) and the eastern end of the Khik Plateau, where the mountain Berber shepherds winter their flocks of sheep and goats. Continuing up the valley, we arrive at the hamlet of Tiouli ou Baqi, where we shall have a field picnic in the home of a Berber family. Once refreshed, we strike out towards the east to the escarpment village of Zaouiat Moulay Brahim and its sand-coloured pisé homes overlooking the steep valley, its tiny terraced fields bordering the stream. From here we take our transport back to the Kasbah Tamadot to relax after an exhilarating few hours of contact with the variances of Mother Nature's splendour. Essentially, all of these walks take you up and down a maximum of 600 metres and are not at all strenuous. They do take you up into charming hidden valleys and to meet the mountain Berber families in their own environment.



OUR PRICES WILL INCLUDE: Private transportation Zaouiat Moulay Brahim - Kasbah Tamadot. An experienced licensed bilingual 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 DELIGHTFUL KASBAH TAMADOT, WE SHALL BE DELIGHTED TO DO SO FOR YOU. Gratuity to driver and 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.