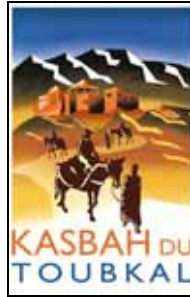


Overnight Trekking from The Kasbah du Toubkal Including Toubkal Summit Expedition



The High Atlas, the greatest mountain range of North Africa, is perhaps the most beautiful and intriguing part of Morocco. It has retained a remoteness which until recent decades was virtually complete, and contains villages where the way of life has changed little for centuries.

Outsiders to the mountains are constantly surprised when they encounter the friendliness and openness of the villagers, as they go about their everyday tasks. Hiking in the High Atlas is one of the best possible experiences in Morocco – feasible exploration of stunning natural beauty, and of a rigidly individual world.

Regardless of levels of fitness this area is accessible to all. There is a wide range of trekking possibilities, from a short ramble through the villages that surround the Kasbah, to more demanding multi-day treks. Mule support can be arranged for bags and people, which opens up more opportunities. The mule trails around the valleys are well contoured and kept in excellent condition.

Here are a few examples of possible treks. Hajj Maurice is a qualified and long experienced Mountain Guide. He and the Kasbah staff are happy to discuss possibilities with you and arrange full accompanied trekking support.



Overnight treks should be booked and paid for in advance

Overnight Trekking

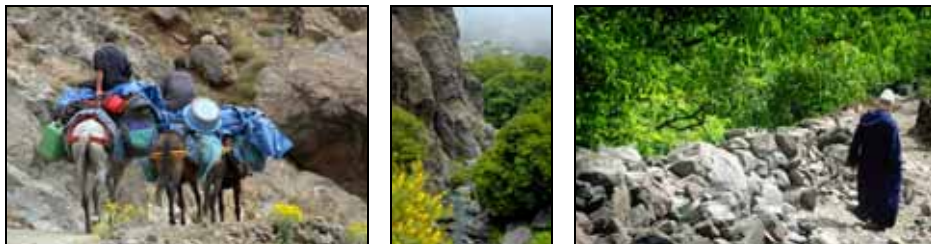


**Ascension of Mount Toubkal (one night at base camp – see Toubkal ascent sheet)
(April to October)**

A beautiful, unforgettable 5hr trek to base camp (3106m) via Sidi Chamarouch, picnic by the river on route. On arrival rest, eat and spend the night at the Knetler hut or camp (we bring our cook and many of the Kasbah's comforts, set up by an advance party) Up early next morning, following a hearty breakfast, begin the ascension of the Summit (4167m) Back down to base for lunch, before setting back to the Kasbah where the Hammam will be fired up and ready for your return.

Toubkal whilst not being a doddle and needs to be taken seriously (you will be well supported by the Kasbah team) is wonderful, it is achievable by the moderately fit or the enthusiastic/determined/able (barring altitude sickness).

The key is to keep the pace very slow but steady; if you are getting out of breath, (there is a bit less Oxygen at this altitude) slow down even more, rather than stopping. To reach a major 4,000 meter summit is an experience to be savoured.



Tinhourine or Ouaneskra



2 days 1 Night (relatively easy 2 day hike)

After trekking up to the Tizi 'n' Tamatert col, descend into the stunning Imane valley and stay the night in one of the villagers. The following day walk by the village of Tinhourine and around to the village of Aguersiwal, follow river courses, cross seguias and rivulets, past terraces and through walnut groves to return to the Kasbah.

Total walking walking time over the 2 days about 7 hrs

2-3 days

Day 1.

Depart Imlil towards Tachadirt passing by Tamatert. Lunch on the Hill of Tizi n' Tamatert. After lunch continue to Ouanskra-Tamguist. Arrive at Tinghrine for the night. 5 hours walking.

Day 2.

Depart Tinghrine towards the Vallée d'Azzader passing by Ikiss. Then Tizi n'ongressiural. Lunch at Matat. Continue passing by Tizi n'Oudid towards Idissa to spend the night. 5-6 hours walking.

Day3.

Depart Idissa towards Tizi Ousseem passing by Tizi Mzzik, le village of Mzzik to arrive back at Imlil. 4 to 5 hours walking.



4 Days – 3 Nights to include Mount Toubkal **(April to October)**



Day 1.

Depart from Marrakech towards Ouikmeden – the point of departure for this trek to meet our team at 2660 m. Then visit the prehistoric rock carvings of the High Atlas. In the afternoon depart towards Tachadirt passing by Tizi Nadi 2920m to arrive at the valley. Spending the night at the home of one of the inhabitants of Tachadirt or camp in bivouac. 5 hours walking

Day 2.

Depart from Tachadirt towards Imlil or in Aremd. passing by Tizi n Tamatert 2279m. Lunch at the pass and then descend towards the Valley of Imlil. 5 hours walking.

Day 3.

Depart Imlil towards Tachadirt passing by the Tizi n Tamatert pass (2297m) This stage allows us to visit numerous villages of the Massif Nimnane to discover the agricultural traditions of the Mountain Berbers, the irrigated terraces reaching up high along the banks of the valley. The major canal lies between the brown of the mountains and the green of the cultivation. The villages are built above this so that they do not lose any fertile land. Night spent in bivouac or Berber Gite if possible.

4 to 5 Hours walking.

Ascension of Mount Toubkal (one night at base)

Days 4 & 5.

A beautiful, unforgettable 5hr trek to base camp (3106m) via Sidi Chamarouch, picnic by the river on route. On arrival rest, eat and spend the night – camping (we bring our cook and many of the Kasbah's comforts, set up by an advance party) Up early next morning, following a hearty breakfast, begin the ascension of the Summit (4167m) Back down to base for lunch, before setting off back to the Kasbah where the Hammam will be fired up and ready for your return. 8 hours walking.



4 Days – 3 Nights from Kasbah to Setti Fatma



Day 1.

Depart the Kasbah head towards the valley of Tachadirt passing by Tizi n' Tamatarte 2279m to arrive at the village of Oinskera in the valley of Tachdirte where we spend the night in a Berber gite or bivouac. 5 hours walking.

Day 2.

From Oinskera towards Ouikmiaden ski station passing by Tizi n'adis 2920m & then on to Ouikmiaden spend the night in the refuge or bivouac. 5 to 6 hours walking.

Day 3.

Depart Ouikmaden towards Timichi passing by the Tifrguin labourers then Tizi n'Oater 3100m after the col Atar we pass villages of Ourika Agounes, Tamgist, Timichi. We spend the night in a bivouac or berber gite. 6 to 7 hours walking.

Day 4.

Depart Timichi towards Setti Fatma all along the journey there are Berber villages in the valley for example Tiourdiou, Anfles, Tadrat, Chiker. After lunch to Agadire N Boulman and the centre of Setti Fatma. Then return to Marrakech or visit the waterfall Setti Fatma if there is time. 4 to 5 hours walking.



5 Days – 4 Nights to the Azaden Valley



Day 1.

Depart Imlil towards Tachadirt passing by the Tizi n Tamatert pass (2297m) This stage allows us to visit numerous villages of the Massif Nimnane to discover the agricultural traditions of the Mountain Berbers, the irrigated terraces reaching up high along the banks of the valley. The major canal lies between the brown of the mountains and the green of the cultivation. The villages are built above this so that they do not lose any fertile land. Night spent in bivouac or Berber Gite if possible.
4 to 5 Hours walking.

Day 2.

Descend the valley of Tachadirt crossing some traditional Berber villages, arriving at midday at the village of Argue. Continuing after lunch to reach the village of Imsker (1600m). Night spent in bivouac.
4 to 5 Hours walking.

Day 3.

Depart village of Imsker towards the Azaden Valley passing by the Imsker Pass (1900m). Descend towards Imiougla then climb back up the Tizi n Tachte Pass (2672m). Lunch just after this pass in order to go back down to the village of Tizian. Night spent in gite.
4 to 5 Hours walking.

Day 4.

Depart the village of Tizian towards the village of Tizioussem whilst passing by several villages of the Azaden Valley. In the afternoon visit the Cascade of Aourwiz. Return to the village of Tizioussem. Night spent in bivouac, gite or Toubkal Lodge
2.5 hours walking AM
3 hours walking PM

Day 5.

Depart village of Tizioussem towards Imlil passing by the Tizi Mzek pass. Lunch at the village of Mzek, then continue towards Imlil.
5 Hours walking.



4 Days – 3 Nights to the Azaden Valley



Day 1.

Depart Imlil towards Tachadirt passing by the Tizi n Tamatert pass (2297m) This stage allows us to visit numerous villages of the Massif Nimnane to discover the agricultural traditions of the Mountain Berbers, the irrigated terraces reaching up high along the banks of the valley. The major canal lies between the brown of the mountains and the green of the cultivation. The villages are built above this so that they do not lose any fertile land. Night spent in bivouac or Berber Gite if possible.
4 to 5 Hours walking.

Day 2.

Descend the valley of Tachadirt crossing some traditional Berber villages, arriving at midday at the village of Argue. Continuing after lunch to reach the village of Imsker (1600m). Night spent in bivouac.
4 to 5 Hours walking.

Day 3.

Depart village of Imsker towards the Azaden Valley passing by the Imsker Pass (1900m). Descend towards Imiougla then climb back up the Tizi n Tachte Pass (2672m). Lunch just after this Pass in order to go back down towards the Azaden Valley to reach the village of Idaissa. Night spent in bivouac or gite if possible.
4 to 5 Hours walking.

Day 4.

Depart the village of Idaissa towards the village of Tizioussem passing by the Tizi Mzek pass. Lunch at the village of Mzek, then continue towards Imlil.
5 hours walking.



6 Days – 5 Nights from Kasbah to Mont Mgoun Massif



Day 1.

Transfer from Imlil to Ait Bougmaz (340km) night in a Berber Gite or in Berber village house if possible (Agouti or Guerssif).
5 Hours driving.

Day 2.

Depart Agouti towards the valley Ait Bouelli crossing the cluster of villages in this valley (Aguerssif, Iglouane. Night spent at the village of Rouglet.
6 Hours walking.

Day 3.

Depart Rouglet to go up the Tizi n'Rouglet pass (2800m) From the col there is a clear view of the valley of Tassawt then descending to the foot of the plateau of Tarkddit. Night spent near to the village of Amzri.
6 Hours walking.

Day 4.

Descend whilst passing the villages of the Tassawt valley (Amzri, Imi Nikiss, Ichbbaken, Ait Ali Nitto. Night spent in gite.
5 to 6 Hours walking.

Day 5.

Depart Ait Ali Nitto heading towards the villages of Megdaz, Ifoulou, Toufghine. Night spent at Ait Tamllilt.
6 Hours walking.

Day 6.

Leave Ait Tamllilt head towards Demnat to stop at the village of Imi Nifri. 3 to 4 Hours walking.
From Imi Nifri Return Transfer to the Kasbah or Marrakech.
2 to 3 Hours driving.

Two Day Camel Excursion

(Camel photographs taken in the desert region of Zagora)



Day 1.

Depart from Marrakech or the Kasbah du Toubkal.
Approx 1 hour drive to nearby village (Amzmiz or Tahanout)

Spend a full day trekking with Camels. Lunch provided.

Spend the night in a nearby Berber village or tent. Evening meal and Breakfast provided.

Day 2.

After Breakfast - Return to Marrakech or Kasbah du Toubkal

Price: Euros 160 per person.

(Based on minimum 2 persons)

Children over and above first 2 pax:

With own camel: Euros 85 per child

Sharing camel: Euros 35 per child

Single Supplement : Euros 60 per person

Photographs © Alan Keahone, Pat Denton & James Martin 2006.

For reservations or if you wish to discuss any matters

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