



MOROCCO - ATLAS TO THE ATLANTIC

This new cycle route through the less visited parts of Morocco. Starting at the foot of Mt Toubkal North Africa's highest mountain and finishes on the stunning Atlantic Coastal town of Essaouira. It requires no previous cycling experience just an appetite for adventure, with great mixture of panoramic views, some great downhill sections and plenty of mint tea in local tea houses.

DAY 1 – U.K. MARRAKECH TO IMLIL

Arrive Marrakech and spend time exploring this amazing city and have lunch before our 1.5hr transfer by minibus to the Berber mountain village of Tamertet (1850m) which is at the base of Mt Toubkal North Africa's highest mountain, we stay the night in a guest house and make final preparations for the ride.

DAY 2 – IMLIL – AMZIMIZ

After a good breakfast we hit the road descending 17km to the municipal town of Asni, the road this morning is sealed tarmac and gravel in places. We stop in Asni for a short break before continuing through the Toubkal National Park and onto the first big hill climb of the ride approximately 4km! Slowly climbing onto the plateau we pass through small Berber villages, once on the plateau we will be rewarded to stunning views across the Marrakech plain and the High Atlas behind.

What goes up must come down, with a brilliant descent to the small town of Amzimz

Overnight Camping.

Approx – 65km

DAY 3 – AMIZMIZ – SIDI MOUMENE

Leaving the small village of Amizmiz on the foothills of the High Atlas we make our way through a mainly agricultural area riding through small farming villages, with plenty of opportunities to stop of a mint tea and enjoy some Moroccan hospitality. Today's route is mainly flat riding across the Marrakech plain.

We overnight with Mohamed and his family in the small Berber village of Sidi Moumene, where you have the opportunity to learn how to cook a traditional Moroccan Tajine, make mint tea and relax in the Hamman and experience the day in the life of a traditional Berber.

Overnight Guest House

Approx. 75km

DAY 4 - SIDI MOUMENE – DAR –CIAD- ZEMZEM

Our route today takes us through the mountains that separate the Marrakech Plain and the Atlantic Coast,

the route is mainly undulating on good sealed roads, with one big hill climb before lunch. This area see's very little tourism and offers some great bike exploring.

Tonight we will camp near the grounds of an old Kasbah which offers stunning views of our route.

Overnight Camp

Approx. 75km

Day 5- Dar-Ciad-Zemzem – Sidi Kouki

Today begins with a long and fast 7km descent into the valley floor, where we begin our biggest hill climb of the ride! (The Beast) 450m of ascent over 6km. The hill climb starts steep and slowly eases, after approximately 6km we finally reach the top where were rewarded with views of our end goal the Atlantic Coast. The final 18km of the ride takes a long the stunning Atlantic Coast road and finally into the relaxed surf village of Sidi Kaouki with a huge beach and a few scattered cafes to sit and relax watching the sunset over Atlantic the perfect way to end the day.

Overnight Camping.

Approx. 65km

Day 6 – Sidi Kouki – Essaouira

Our final day is a short ride taking past Cap Sim and huge sand dunes to the village of Diabat before crossing Oued Ksob River to Essaouira.

We arrive in Essaouira for lunch, then spend your afternoon relaxing on the beach, exploring the souks or just watching the world go by in one of the many coffee shops. Taking time out to enjoy the sunset over the Atlantic Ocean from the fort walls is must.

Essaouira was built by the French in Vauban style it's influences have given a unique result to the town which became the first trade harbour of Morocco in the late 18th century. There's an endless list of activities for those in need of an adrenalin rush such as Quad Biking, Horse Riding, Surfing and Kitesurfing. We have teamed up with a local kite surf & surf school so you can combine your ride with learning to Kite Surf.

Overnight Traditional Riad.

Approx. 30km

Day 7 - Essaouira – Marrakech - U.K.

Depending on our return flight times, we will have to explore Essaouria and have lunch in the local fish market.

Transfer to Marrakech airport will take approximately 3hrs.

Included in the price of the trip is

3 nights' accommodation
3 night's camping
U.K. Guide
Local guide
Cook
Support Vehicle
All meals excluding Marrakech & Essaouira

Not included in the price of the trip

Flights to and from Morocco
Additional drinks and snacks
Meals in Marrakech & Essaouira
Bike Hire (£150.00)
Tipping £20.00

The Leader reserves the right to change the itinerary at any time should the conditions require it. This may be for a variety of reasons – climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

HEALTH

All our guides are first aid trained and carry fully equipped medical kits for serious medical emergencies. There are no compulsory vaccinations for Morocco but we recommend you consult your GP before departure. A good level of fitness is required for this trip.

DRESS CODE

As Morocco is a Muslim country we ask that you wear suitable clothing i.e. below the knee skirts/shorts/trousers and with shoulders covered.

ACCOMMODATION

While on the ride we will have a mix of camping and local guest houses. Sleeping mats will be provided.



Weather & Safety

The weather in Morocco is generally sunny during the day and cold nights. However, conditions can change very quickly. What can start out as a good day can soon become very poor. It is very important to be well equipped and prepared for all conditions.

PASSPORT & VISA

A valid 10 year passport with at least 1 year to run is essential. Visas for entry to Morocco are not required for nationals of U.K, Ireland, Australia, New Zealand, USA, Canada, and most E.U. countries.

INSURANCE

It is a condition of joining this trip that you are insured against medical and personal accident. Please note that there are no Emergency services in Morocco and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land as opposed to helicopter. We will require documentary evidence of your insurance prior to departure. We also recommend you insure your Bike.

HOW TO BOOK YOUR TRIP

The easiest way to make your booking and our preferred method, is online through the website. You will need to pay a deposit of £140.00 at the time of booking. It is also possible to reserve your place over the telephone, by mail, or email. (Note that you will also need to complete a booking form to confirm your place). We cannot confirm any booking until we receive your fully completed booking form. Any unreasonable delay in submitting your booking form may jeopardise your place on your chosen holiday

The full balance is required to be paid no less than 4 weeks before departure.

TOTAL COST £660.00PP

