Guided Walking in Morocco



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Morocco	5	1913kg CO2

HOLIDAY OVERVIEW

Taking you from the buzz of Marrakech's medina to the High Atlas Mountains, this Morocco walking holiday reveals the North African nation at its most memorable. As part of a welcoming group guided by our expert local leaders, you'll travel to R'bat in the Aït Bouguemez 'Happy Valley' – a wonderfully green pocket of orchards, gorges and Berber villages. It's then onto Imlil for walks in the shadow of the inimitable Mt Toubkal - North Africa's tallest peak. Enjoy unhurried walks that reveal everyday mountain life, plus time to visit Ouzoud Waterfalls and tour all the highlights of Marrakech.

WHAT YOU'LL LOVE

- Exploring the vibrant city of Marrakech
- Experience the Berber way of life in the Atlas mountains
- World class hiking routes through stunning valleys
- Hike in the shadow of Mt Toubkal North Africa's highest mountain

WHAT'S INCLUDED

- Walks with an experienced local leader

- 8 nights' touring accommodation in Marrakech & Atlas Mountains
- 8 breakfasts, 6 lunches & 8 dinners
- A dinner show at Dar Essalam restaurant
- All sightseeing and entrance fees (as per itinerary)
- Return flights from UK including baggage and transfers

ITINERARY - ITINERARY

Day 1 **Arrival Marrakech**

Arrive in Marrakech and transfer to your accommodation. Settle in and relax or explore the local area. This evening enjoy your first experience of Moroccan cuisine with a welcome dinner.

Day 2 **Marrakech - Medina Tour**

We start with a visit to the beautifully ornate Ben Youssef Madrasa. After lunch at a local restaurant (not included), we dive into the colourful souks and tick off more of Marrakech's highlights, including the Koutoubia Mosque and the detail-rich Bahia Palace. We'll pause at Spice Square, wander quieter lanes to see artisan workshops at work, and stop by a communal bakery for a glimpse of daily life, before ending the day in Jemaa el-Fna as the square comes alive in the evening.

Day 3 **Marrakech - Aït Bouguemez**

Distance: 2 miles (3.2 km)

Ascent: 500 ft (150 m)

Today we leave the hustle and bustle of the city and drive through the foothills of the High Atlas Mountains to the Berber town of Azilal where we'll hike to Ouzoud Falls. We'll enjoy lunch at a local restaurant near the waterfalls, taking in the views and relaxed atmosphere of this natural site.

We'll pass mountains, gorges, and mud brick Berber villages on our way to the heart of the High Atlas, including Aït Bouguemez, also known as happy valley. Then it's on to our accommodation in the village of R'bat, Tabant, which will be our base for the rest of our time in the valley.

Day 4 **Sidi Moussa and Tighza Gorge**

Sidi Moussa and Tighza Gorge

Distance: 9.5 miles (15km)

Ascent: 1640 feet (500m)

Passing the shrine of Sidi Moussa, a conical hill with an ighrem building (defensive mud brick granary store) perched on top, we'll wind our way through fields and orchards. Look up and you'll see stork nests balanced on top of trees as we make our way to a picnic stop near the Gorges of Tighza. On the other side of Aït Bouguemez valley, we'll walk to the village of Aguerd N Ouzrou before returning to R'bat, Tabant.

Day 5 **Aït Bouguemez**

Distance: 8 miles (13km)

Ascent: 950ft (300m)

Today we'll walk through the village of Imelghas, past Iskattafen, and up into the foothills below the mountain of Ighil n'Aït Ourit. Rocky paths are lined with juniper and oak trees as we follow the valley to Ahabbay. Walnut and apple trees also blanket the valley below, while the fields are still managed by hand. We'll climb up to a picnic spot with views towards M'goun then walk to the small shepherds' huts to Ighil n Tissila and back down the valley to R'bat, Tabant.

Day 6 Aït Bouguemez – Imlil

This morning we say goodbye to the peaceful Aït Bouguemez Valley and travel along the winding roads of the High Atlas to Imlil. En route, we stop at Tasaout Park for a short, leg-stretching walk, then enjoy a picnic lunch surrounded by mountain scenery. The journey is a highlight in itself, passing terraced fields, traditional Berber villages and rugged peaks. By afternoon we arrive in Imlil, the gateway to Toubkal National Park. Settle into our mountain lodge and enjoy time to relax before dinner, ready for the walks ahead.

Day 7 Imlil – Aremd – Sidi Chamharouch

Aremd – Sidi Chamharouch

Distance: 6 miles (10km)

Ascent: 900ft (280m)

Following the main trail toward Mount Toubkal, we walk through Aremd village and continue along a wide valley path toward the pilgrimage site of Sidi Chamharouch. The route is gradual and scenic, with river crossings and mountain views, before returning the same way.

Day 8 Imlil – Targa Imoula Loop

Imlil – Targa Imoula Loop

Distance: 5 miles (8km)

Ascent: 800ft (250m)

This loop takes us through several small Berber villages, including Targa Imoula, along quiet trails overlooking the valley. Along the way, we pass terraced farms, orchards, and traditional homes, with plenty of opportunities to meet locals. The route
forms a gentle loop back to Imlil. After the walk, transfer to Marrakech and installation in your riad. Afternoon at leisure to relax or explore the city at your own pace. In the evening, dinner at Dar Essalam restaurant with a traditional show

Day 9 Departure

Transfer to Marrakech Airport for your flight home.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

ACCOMMODATION

Riad Bahia Salam, Marrakech

What was once a traditional Moroccan family home has now been lovingly converted into a luxurious and tranquil oasis just a short stroll from the bustle of Jemâa El Fna square. Simple yet tastefully decorated rooms are furnished in typical Arabo-Berber style while public areas are all long low sofas, covered in plush cushions, and handwoven Arabic rugs. Outside, you'll find a sleek pool and terrace area complete with a fully stocked bar, and a mosaic-tiled courtyard garden ideal for cooling off in the shade. When it comes to dining, there's a beautiful restaurant serving local cuisine.

Touda Ecolodge – R'bat, Ait Bougmez Valley

Perched at 2200 metres above sea level, Touda EcoLodge is ideally located for guests looking to explore the heart of High Atlas Mountains. After a day of walking, return to enjoy traditional Berber hospitality. Sip mint tea with mountain views, listen to local music, and savour typical cuisine courtesy of the lodge's exceptional restaurant. When it's time to retire, rooms inspired by Berber culture have all the mod cons required for a comfortable, relaxing stay.

Riad Jnan Imlil – Imlil

This authentic, family-run guesthouse is located in the foothills of Mount Toubkal, the highest peak in North Africa (4167m). With just nine rooms in total – all en-suite including balcony suites and deluxe suites with sitting areas – it offers a wonderfully personal feel. Berber styling runs throughout, with Tadelakt plaster walls, decorative tiles, and hand-crafted, hand-painted details by local artisans. After a day of walking, unwind in one of three comfortable lounge areas, take a refreshing dip in the swimming pool, or watch the sun set behind the High Atlas Mountains on the panoramic roof terrace.

Riad Milouda – Marrakech (8 May,18 Sep & 2 Oct)

This traditional riad in Marrakech's lively medina is just a short stroll from the Bahia Palace, yet wonderfully calm once you step inside. Rooms are styled in authentic Moroccan tradition combined with modern comforts throughout. Make use of the welcoming shared lounge area for post-walk downtime or sit on the spacious rooftop terrace for sweeping city views as the sun dips behind the horizon.

DIETARY REQUIREMENTS

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

PASSPORTS & VISAS

Passport & Visa information for Morocco

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport

Your passport should be valid for the proposed duration of your stay; no additional period of validity beyond this is required but it's recommended to have at least 6 months additional validity beyond your date of entry.

Visa

British nationals don't need a visa to enter Morocco for tourism for up to 3 months. Make sure your passport is stamped on arrival – some tourists have experienced difficulty when leaving because they don't have an entry stamp.

ESSENTIAL INFORMATION

Packing list

Morocco's climate varies from warm/hot in the cities to cooler/cold in the Atlas Mountains. Our tours run in spring and autumn with temperatures around the low to mid 20s Celsius with light rainfall from time to time. Like other places in the world
highs and lows in temperature are changing so it is advisable to pack layers so you can adapt to the changes.

Essentials

- Walking boots with good ankle support and grip
- Lightweight clothing including a rain jacket or poncho
- Jumper/jacket for the cool evenings
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat for the Mountains
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses
- Rucksack (15-30 litres)
- Mobile phone/camera
- Insect repellent
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Collapsible walking poles
- Swimwear and travel towel (pool in Marrakech accommodation)

Optional extras

- Small mat for sitting on during rests and picnics on walks

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Travel independently

If you prefer to book the holiday without flights and make your own travel arrangements you will still be able to make use of the return group transfers between the airport and hotel, which are included in the cost of your holiday. You must contact us on +44 (0)20 3974 8865 or email reservations@hfholidays.co.uk at least 8 weeks before your holiday start date to provide your flight details if you wish to join the transfers. If you do not contact us, we will assume you are making independent travel arrangements.

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Safety for Morocco

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin, and insurance details. You must complete and return this to us- we need to have this from you at least 10 weeks before travel. Please also inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders have to consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines, and antiseptic cream. You may wish to bring these items with you in your own kit.

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services on 19 or 177 (police, either city or suburban) or 15 (ambulance). Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

What to Wear In Morocco

Morocco is a Muslim country. Whilst many places we visit are generally accepting of Western attire (you will see Moroccans wearing all styles!), traditional views are still held in smaller villages and in the medinas of the cities.

On your trip we advise you to dress modestly and respectfully. Both men and women should aim to cover their shoulders and knees, especially if visiting religious sites or rural areas. Opt for loose-fitting and conservative clothing to show respect for local customs and traditions.

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information: https://www.nhs.uk/conditions/lyme-disease/

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current

brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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