

Trekking in Morocco

M'Goun Massif Traverse

September 19 - October 2, 2010

The M'Goun traverse has been referred to by experienced trekkers as one of the best anywhere in the world. Situated in the central High Atlas, M'Goun Massif (4068m) is the second highest peak in North Africa, between the central plains and the Sahara desert of Morocco. Rounded peaks, massive rock slabs, and mud-formed spires overlook vast treeless valleys and sparsely vegetated plateaus. Split by rivers and canyons, the landscape provides interesting trail challenges with a traverse of the M'Goun massif, followed by long, slow descents to the Sahara side of the Atlas, including one day wading a narrow canyon filled with water.

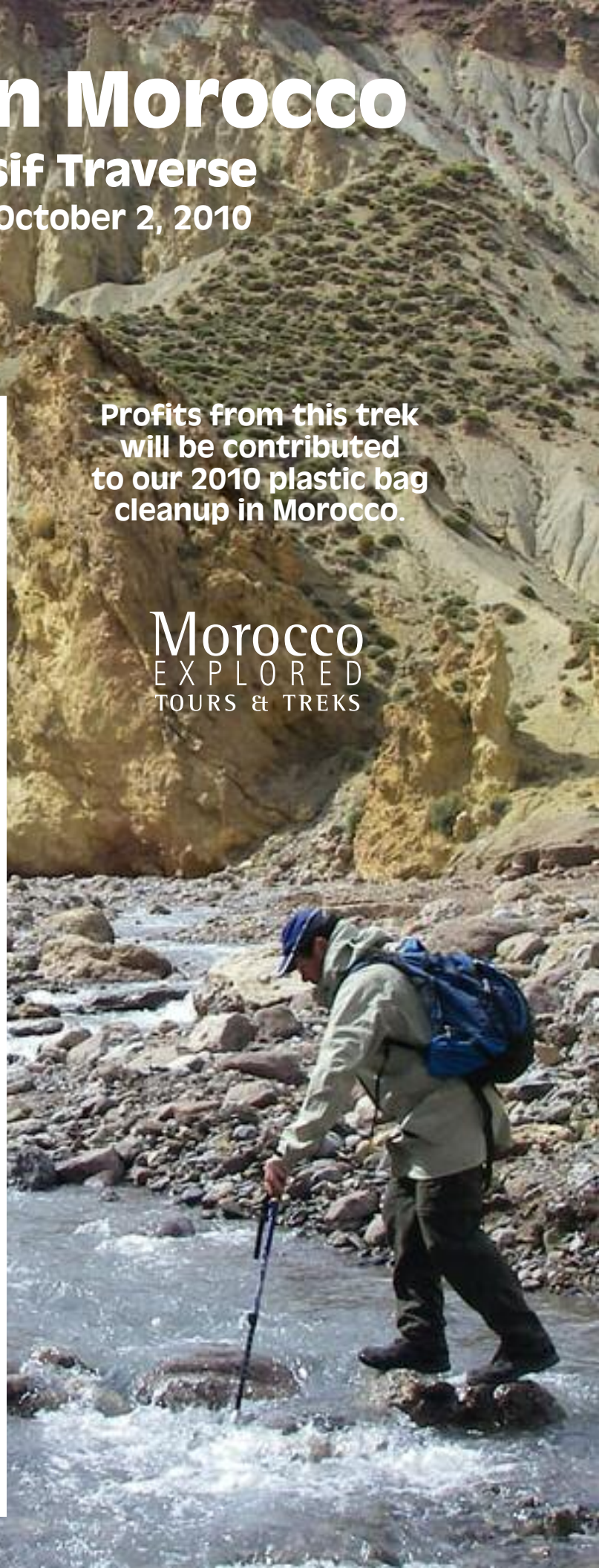
Our guide and mule support means you'll carry only your day pack. Each day we'll have our tented camp set up, and meals served after walking an average of 5 to 6 hours. You'll have the time to wander and explore as you wish. Nomadic Ait Atta people graze their animals here in summer; and wild animals such as hare and desert fox, wolf, toads, frogs, scorpions, vultures, and the rare Bonelli-eagle can be seen. Trees include poplars, junipers, and willows.

After our trek ends in the village of Boutagrah, we'll drive up the Dades gorge to spend the night in a hotel. The next morning we'll head offroad by 4x4 into the high red dunes of the Erg Chebbi to ride camels into a desert camp. We'll return via Todra gorge and spend the night in an old kasbah. Back in Marrakech, we'll enjoy a few days exploring this exotic city before flying home.

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**Profits from this trek
will be contributed
to our 2010 plastic bag
cleanup in Morocco.**

Morocco
EXPLORED
TOURS & TREKS





PRICE in Moroccan dirhams

2 places still available. 9950 per person = CAD\$1200. Based upon arrival and departure from Marrakech, with twin or double accommodation. Exact conversion to CAD\$ will be made upon payment date. (Current June 2010 conversion \$1.CAD = 8.2 dirhams)

Your place is confirmed upon receipt of a \$525.CAD deposit (see next page). Land costs only. Flights not included. Daily expenses for lunches, water, tea, coffee, etc. when not on trek will amount to about CAD\$20.

PRICE includes

- Arrival and departure airport transfers
- 3 nights in Marrakech riad with breakfast;
- 7 full days trekking MGoun Massif;
- 1 night each in Dades gorge, Camel Trek camp, and Tinehir kasbah with breakfasts and dinners
- On trek camp in tents or stay gite d'tape (small Berber inn);
- On trek all meals (vegetarians welcome);
- Certified english speaking Berber mountain guide;
- All transport (from and return to Marrakech);
- Kitchen tent and equipment and cook;
- Mattresses for sleeping;
- Mule handlers and mules to carry baggage, food, water and equipment;
- Private transport by 4x4; fuel; experienced drivers
- Overnight tented camp in the Erg Chebbi dunes;
- Camel guides and very friendly camels;

Not included

- Sleeping bag;
- Tips;
- Personal purchases, including bottled water on trek;
- Lunches (except while on trek) and dinners in Marrakech;



PAYMENTS & DEPOSITS

We require a deposit to secure your place. Please visit the Morocco Explored [website](#) for trek deposit and payment details. When we receive your deposit we'll send a receipt showing the balance owing, ask for your travel information and send an Information Package with details about travelling and trekking in Morocco.

ACCOMMODATION & FOOD

We use small, family run hotels that are of interest because of location, excellent food, and unique traditional architecture. Generally speaking the food in Morocco is very healthy and reflects traditional cooking.

2010 DESERT PLASTIC BAG CLEANUP

All profits from this trek will be contributed to our [Desert Cleanup](#) for plastic bags in the deserts and waterways in Morocco.



ABOUT TRAVELLING IN MOROCCO

Morocco is quite unique. It offers exotic – and medieval environments just 3-hours flight from London. Yet, there is much more to Morocco's popularity. Situated on the edge of the great Sahara, bounded by the Atlantic and Mediterranean seas, and the highest mountains in North Africa (Jbel Toubkal, 4167m), Morocco has a fantastic variety of scenic and climatic combinations, unrivaled by any other



Mediterranean country. Furthermore, between the end of Roman rule in AD253 and takeover by France in 1912, Morocco was able to develop into a fiercely independent nation with a unique and powerful culture of her own. Few other countries have managed to remain as a separate entity with their borders unchanged for so many centuries. Fewer Moslem countries today can offer such a flavour of Islam without accompanying restrictions on visitors. At the crossroad of Europe, Africa, and the Middle East, Morocco has a fine understanding and tolerance of western ways, and welcomes visitors from all nations and beliefs.

ITINERARY 14 DAYS - September 19 – October 2, 2010 . You will need to arrive in Marrakech by September 19. You are welcome to arrive earlier and/or depart later than October 2.

September 19 - 20 - MARRAKECH

Arrive Marrakech. Stay 2 nights. We will meet you at the Marrakech Menara airport, take you to your medina riad, and settle in. Your riad (old house) has a central tiled courtyard, with breakfast served on a rooftop terrace. Visit the Majorelle Gardens, a nice introduction to Marrakech. Evening drums draw you to the Djemaa El Fna (main city square) where a festival atmosphere awaits. Plunge past snake charmers and have your fortune told, listen to Berber and Gnoua musicians, or watch the "exotic" dancers illuminated by lamplight wreathed in smoke. Food stalls range from a bevy of fresh salads, harrira (lentil and bean soups) fried fish and chips (Moroccan style) to kebabs and even sheep's head (a specialty that has its own dedicated stalls). Stay medina Riad Suliman in the heart of the old city. Includes breakfast.

September 21 - Marrakech to Agouti. Transport.

Meet your trekking guide, load up the 4x4's, and depart Marrakech heading to the High Atlas mountain town of Demnate. Have lunch and drive deeper through winding mountain roads until reaching our destination in Agouti. Enjoy a traditional tajine dinner and overnight in a mud-walled ghite d'tape (with hot showers), in the front ranges of MGoun massif. Dinner and breakfast included.

September 22 - Trek begins: AGOUTI - AROUS.

Early wake up call, have a hearty breakfast, meet the mulers who will load the mules, and begin walking. Easy walking over rocky ground into the foothills toward Arous valley. We'll gain the pass and set up camp on a plateau at 2200 meters. Wild camp*. 6 hours walk.

*NOTE: Wild camp means you will sleep in tents, eat in a kitchen tent; there are no showers or toilet facilities. You will have heated water to wash.

CONTINUED next page.



WHAT YOU NEED TO KNOW ABOUT TREKKING MGOUN . . .

Rated 2C3 with summit climb (optional 2B2 without summit). Because the High Atlas can involve some challenging elevation gains and losses over continuous passes (2000+ m), you should have recent experience hill hiking while carrying a light day-pack, and a tolerance for climate changes. You will need sturdy hiking shoes or boots with a full-tread sole and good quality outdoor clothing. Spring and early summer, snow remains on the high peaks. Nights might be cold and the days can be hot and sunny. We will send a list of what you will need to bring along.

FITNESS REQUIREMENTS

You should be confident of your fitness and endurance levels. The main recommendation is a sense of adventure! There is no age limit providing that you are in reasonable physical shape and you are aware of the rigors of trekking in higher elevations and have proper travellers insurance.

ITINERARY CONTINUED

September 23 - AROUS - TARKADIT PLATEAU

We'll spend the morning gaining the Tarkadit pass at 3100 meters with a clear view of MGoun across the valley. Below the plateau of TARKADIT (landscape of pampa) spreads out for many kilometers. Wild camp* at the foot of MGOUN at 2700 meters in the plateau. Hot showers available. 6 hours walk.

September 24 - TARKADIT - MGOUN - OULILIMT

We'll wake early and depart at 4am to begin our ascent of MGoun, if weather conditions allow. We'll ascend a dry treeless valley and gain the first ridge of the mountain. From here its a steep ascent to the top (4068 meters), then straight down towards the valley of Oulilimt. Wild camp* in the valley close to the source. 9 hours walk.

September 25 - OULILIMT - TAGHREFT

Descend the valley Oulilimt on a very pleasant trail following the canyon river through technicolour landscapes of fairie chimneys, cliffs, and solid rock slabs. Night in the village ghite d'tape Taghreft, 2100 meters. 6 hours walk.

September 26 - TAGHREFT - TARZOUT

Continue through the valley of Ouzight into the valley of Mgoun crossing many villages and terraced gardens. This very green valley is dominated by the impressive chain of the Waougoulzat peaks. Wild camp* at the village of TARZOUT at 1900 meters. 6 hours walk.

September 27 - TARZOUT - AGUERZAKA

After an early start this morning we'll navigate through the throats of Mgoun canyon, 300 meters high and 2 meters wide, 50 meters long. In the event of bad weather the throats are impractical due to the threat of flash floods. Wild camp* at the exit of the throats near the village Aguerzaka, at 1700 meters. 6 hours walk.



September 28 - AGUERZAKA - DADES GORGE

From the village we'll walk in the river, expect to get wet! At the Berber villages of IGHERM, AQDIM, TAMGALLOUNA, we'll gain the trail once more and arrive in the green valley of Boutagrah. Meet our transport and drive to Dades gorge for the night. Stay in auberge (small inn) with dinner on the terrace, overlooking the valley gorge and gardens. Includes dinner and breakfast.

September 29 - DADES - ERG CHEBBI

After breakfast we'll travel in 4x4 vehicles to the Sahara desert. We'll have lunch in Rissani before departing for the Erg Chebbi dunes. Our afternoon destination is the auberge (small inn) 29km from Merzouga, to meet your camel guide and ride at sunset into the bivouac (camp). Upon arrival you will be served a traditional tagine dinner (vegetarians welcome), prepared under the evening stars. Bring your star charts! Climb the big dune and watch the moon rise before retiring to your bed in a nomad wool tent. Mattresses, pillows, sheets and blankets are provided. Includes dinner and breakfast.

ITINERARY CONTINUED

September 30 - ERG CHEBBI - TINEHIR

Return by camel at sunrise to the auberge for breakfast and shower before going to Tinehir. Along the way we can stop and visit a fossil workshop for a closer look at Sahara's wonderful varieties of ancient life. We'll visit Todra Gorge, where sheer limestone walls rise to 300 m in its narrowest part. After lunch, you can wander with a guide* through palmeries, villages, gardens, and kasbahs for a close look at traditional Berber ways of life. Stay in old kasbah, and have diiner by the pool. This night includes dinner and breakfast.

October 1 - TINEHIR - MARRAKECH

We'll meet the 4x4's and back in the cars, pass through the Rose Valley before heading on to Ouarzazate. Have lunch then visit the World heritage site Ait Benhaddou. This ancient village of clustered Berber Kasbahs has been used as a backdrop for more than 20 films and was one of the most important fortress strongholds on the old Salt Road where caravans as brought slaves, gold, ivory and salt from Saharan Africa to Marrakech and beyond. Descend the High Atlas mountains Tizi nTichka down to Marrakech. We'll stay in the medina riad as before. Includes breakfast.

October 2 - DEPART Marrakech

Transfer to the airport or stay longer and include a day trip to Essaouira (not included in price), a relaxing town set on the Atlantic coast with an expansive golden beach popular with surfers; famous for its seafood, thuja wood crafts and artists colony. Old Portuguese ramparts guard the walled city where you can watch silver craftsmen and wood carvers at work in one of the most charming medinas in all of Morocco. Visit a traditional pharmacy and learn about natural medicines and cures, and a women's cooperative where Argan nuts are processed by hand into one of the rarest oils in the world. Stay Marrakech medina riad as above.



You're welcome to visit [Morocco Explored](#) for more about [Who We Are](#), about [Visiting Morocco](#) and [Frequently Asked Questions](#)

Please don't hesitate if you have questions or need more information.



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