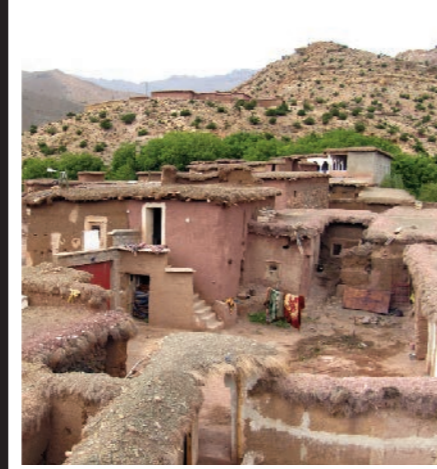




The Atlas

The mountain range of the Atlas forms a mountainous spine that starts in Tunisia, crossing great parts of the north and to the south of Morocco. The average level is of 2000 to 3000 meters but some of the plateaus like the Toubkal (4165 meters) and the M' Goun (4071 meters) figure as the highest of North Africa.



The beautiful village Berebere

Journey by foot to South face of the massif of the Mgoun

Kasbah Itran

BERBER VILLAGES

From 8 to 15 april 2012

Check for trips for other dates

8

Gather at Marrakech airport to prepare to go to Kasbah Itran in the Kelaâ Mgouna, the "capital" of the Valley of the Roses. We cross the mountain pass of Tizin Tiska, about 2300 meters of height and we will turn off of the main highway to visit in the Kasbah de Telouet Night in Kasbah Itran. Meals: dinner.

9

In the morning we cross the Valley of the Roses by vehicle to head towards the village of Hadida. From here we begin our trek through the fertile valleys of the Mgoun river to get to the village of Boutagrah (1620 meters). Upon arrival, we continue by the Talkadit river crossing the gorges of Agouti to arrive at Alemdoum (1770 meters) where we will set up camp.

Lodging: Tents.
Meals: All

10

From Alemdoum we rise to the Asselda lake (2316 meters) to get to the hill that has the same name located 2487 meters. From here we descend to the mountain village of Ameskar-Amajjal (2110 meters).

Lodging: Gite d'étap, family house simply equipped to receive tourists. Meals: All.

11

We descend until we reach the locality of Ameskar-Amazdar (2000 meters) and from here we ascend the hill of Touchar (2510 meters) to descend to the hidden village of Tinvian (2195 meters).

Lodging: Tents. Meals: All.

12

We leave Tinvian through Imi-n-Tinvian, gorges that hardly ever has running water on the surface. We cross an establishment of nomadic families to arrive at the beginning of the gorges of the Mgoun river at 1697 meters. From here we proceed to the locality of Timgallouna (1654 meters).

Lodging: Tents. Meals: All.

13

In the morning we make a small ascent to cross, in approximately 2 hours, the mountains that separate us from the Timstiguit where we will meet for transport to go to Kasbah Itran.

Meals and evening off, without guide
Lodging: Kasbah Itran. Meals included: All

14

Transfer to Marrakech. (6 hours approximately). Stop to ses Ait ben haddu. Night in the Riad Dar Marhaba located in the heat of medina, only 3 minutes of the Seat of Jamaa the Fna. This is a free day, without guide.

Meals: breakfast.

15

Transfer to Marrakech airport.

Meals: breakfast.

USEFUL

> COMPULSORY MATERIAL

- VALID PASSPORT
- Water purifying tablets
- Hiking boots
- Shoes for walking in the river
- Sleeping bag
- Hat, sunscreen and lip balm
- Warm clothing

> RECOMMENDED:

- Small first aid kit
- Headlamp or torch and spare battery
- > EQUIPMENT should be reduced to a minimum and split up as

follows:

BACKPACK OR LARGE BAG: To be carried by mules on the trekking days. It will contain our hiking material, sleeping bag, etc.
+ DAY PACK: Carried by each person on the journey and the trekking routes, for documents and VALID PASSPORT.
HIKING BOOTS: Wear them on the plane to make sure they arrive even if the baggage is misplaced
MONEY: The Moroccan currency is the Dirham (1 Dh= 0,10 €).



ATLAS TREKKING

RENSEIGNEMENTS PRATIQUES

> TREKKING LEVELS: You do not have to be an expert mountaineer, but you must be in good physical shape and, most importantly, have a willing spirit. We use mules to carry the material, while trekkers walk for 7 to 9 hours a day, with a break at midday for lunch. Local guides and chefs accompany us on the trek.

> COST PER PERSON:

Groups:
4 a 12 pax: 495,00 €
2 a 4 pax: 545,00 €

The price includes travel insurance, all vehicle transfers and

meals as set out in the programme, a local guide and all material required for the trek (chef, mules, food, accommodation, etc.), one night in Kasbah Itran, and in Marrakech. The price does not include bottle water.

> FLIGHTS TO MARRAKECH

Several low-cost airlines include routes to Morocco. If you book early enough, you can find return flights for less than € 70

+ INFORMACIONES

Angel: (0034)620984000
angel@kasbahitran.com
www.kasbahitran.com

Important: the villages to visit can vary based on the meteorological conditions.