



## The M'Goun

The top of this well-known massif is known as the Ighil M' Goun or Amsod is with its 4071 meters (4068 according to other authors), the second highest mountain of Morocco outside the massif of the Toubkal. Its surroundings and beautiful localisation is where the Berber tribe live who have adopted a form of sedentary life based fundamentally on agriculture. In summer also they welcome in an important nomadic population that will find in the high pastures the food that their flocks of goats and dromedary (Arabian camel) need to survive.



2012: 23 of June, every Saturday of July and August.

Check for trips for other dates

OULILIMIT

### USEFUL INFORMATION

#### > 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 €).

1

Collection is at the airport of Marrakech and transfer to 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 included: None.

2

At 9:00 gather in the Riad to prepare to go to the Valley of Tassaut. On the highway of Demnate we arrive in 4 hours at the locality of Ait and from there in van to Ait ali-n-itto (1870 meters). In the evening we will transfer by foot to visit the village of Megdaz and to return to sleep at Ait ali-n-itto.

Lodging: Gite d'etap: family house simply equipped to receive tourists.

Meals included: lunch and supper..

3

We ascend the Valley of Tassaut until Tasggaiwalt (2370 meters) in a very smooth ascent but a long 9 hours. We will set up camp near a nomadic family, on a balcony in which enjoys gorgeous views over the valley.

Lodging: Tents. Meals included: All

4

Rising to the vertical heights of the corridors of Rougolt (3195 meters) in order to make the soft descent to the plains of Terkeditt (2933 meters). This is an important zone of nomadic establishments during the summer.

Lodging: Tents. Meals included: All.

5

Those that decide to undertake the ascent of the Mgoun (4072 meters) will begin the day at 4:30am and will be provided with equipment. The rest of the group by road which will follow by mules until Oulilimit (2700 meters) the source of the Mgoun river, where we will all meet. The ascent to this magnificent mountain does not require you to have technical knowledge of mountain climbing but it is necessary to be in good physical condition since the day will be at least 12 hours long. The danger in summer resides in the frequent storms; for that reason the ascent will only be possible if the meteorological conditions are adequate.

Lodging: Tents. Meals included: All

6

Descending through the beautiful geological formation which is the "penitentes of Oulilimit", until the meadows of the high mountain of Aflafal (2296 meters). From here we will descend to the village of Tragherft (2152 meters).

Lodging: Gite d'etap. Meals included: All.

7

We will enter the imposing canyon of the Mgoun for a completely aquatic day. We will be able to enjoy special places and bathe in sites that you will never forget. We will set up camp in Ifasfas (1867 meters), a beautiful place within the canyon inhabited by a single family and their flock of goats.

Lodging: Tents. Meals included: All

8

We continue descending by the Mgoun river until the village of Aguerzakka (1750 meters) where transport will be waiting for us to transfer to us to Kasbah Itran in the Kelaa Mgouna.

Lodging: Kasbah Itran. Meals included: All

9

Transfer to Marrakech. (6 hours approximately).  
Meals included: breakfast.



MGOUN GORGES

### 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.

#### > PRICE BY PERSON:

5-13 pax: 525,00 €  
2-4 pax: 595,00 €

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.

#### + INFORMACIONES

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

The price includes travel insurance, all vehicle transfers and meals as set out in the programme, a