

## Marrakech and Ait Bougmez Valley

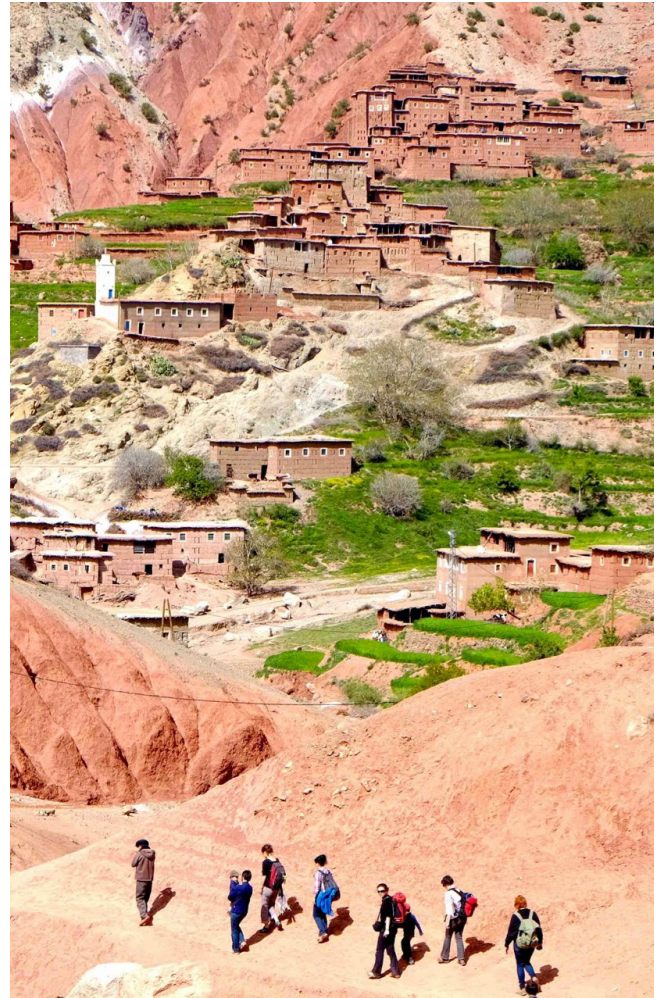
At the Touda Ecolodge, every day the choice of program is yours to make depending on your mood and your level of physical fitness.

We suggest a combination of sport and cultural activities; go hiking through the magical the Ait Bougmez valley, climb the nearby untamed mountains (Azurki, Waouglzate), go cycling, etc. On your own or with a tour guide, the Touda Ecolodge proposes many hiking outings and trekking paths through the Moroccan High Atlas mountains, at your own pace and according to your wishes.

Your accomodation remains the same during your stay, while you explore the numerous surrounding valleys and mounts of Central High Atlas. You will also discover small typical villages in the Ait Bougmez valley.

Without a doubt, the gods blessed the Bougmez valley, known as the « Happy Valley », showcasing a Morocco that is both time-honored and genuine.

The numerous activities suggested during your stay (trekking, cycling, encounters with local peoples) enable a true discovery of this region, with its multitude of riches: a warm welcome from the locals, villages composed entirely of earthenware houses, dinosaur traces, fortified centuries-old granaries...



A magical place like no other!

### Highlights of this trip

- Magnificent landscapes from the most beautiful valley in the High Atlas
- Different activities : trekking, mountain biking and luxuriating in a Moroccan hammam promoting an overall sense of well-being
- Immersion in the Berber culture
- Charming accomodation in an Ecolodge

**Length:** 8 days

**Accommodation:** Touda Ecolodge and Riad

**Accompaniment:** Moroccan mountain guide



### Day 1 : Marrakesh

Greeting at the airport and transfer to the riad  
 Visit of the red city (depending on your hour of arrival)

Dinner and evening on your own at the riad, next to the famous Place « Jemaa Elfna »

### Day 2 : Marrakesh – Ait Bougmez

Through the road along the northern slope of the High Atlas, we reach the town of Azilal.

From Ait Mhamed, the road crosses a lunar plateau where nomadic peoples let their camels out to graze.

Picnic lunch at the tizi n'Trighis (2696 m) before descending on foot to reach the Ait Bougmez high valley

Stunning view of the Wawgoulzat mountain range, whose highest point is 3,728 m.

Welcome at the Touda Ecolodge, guesthouse located in the village of Zawyat Oulmzi (2100 m), where we will stay for 5 nights

Dinner and evening at the Touda ecolodge

2 h of trekking- D : 555 m. U: 160m

### Day 3 to Day 7 : according to your personal preference and at your own pace :

#### Djebel Azzadel and dinosaur remains

Begin on foot amidst the fields of crops (while observing the irrigation system and interacting with local farmers) before reaching to village of Ifrane (2020 meters of altitude), and then via l'Aqqa... we come to the ridge line of the Addazen Jebel (2450 m) We then descend through an old-growth forest of juniper trees to arrive at the village of Abat (1935 meters), where we will enjoy a picnic for the lunch, in the shadow of walnut trees.

Passing through Ibakliwne, we will come upon a site rich in dinosaur traces. We finish the day with a visit of water mills in the village of Ait Imi. Our vehicle will be waiting for us at Tabant, the



administrative center of the valley, to take us back to Touda Ecolodge.

Dinner and evening at the Touda Ecolodge

5 h 30 of trekking U:350m D:725m

#### Trekking to Lake Izourar

From a pathway overlooking the valley and cutting across a forest of juniper trees, we reach the Izourar plateau (2525 m), famous cross-road meeting place for the nomadic peoples « Ait Atta » during their transhumance.

You will be welcomed by a nomadic family in their tent, where you will have the opportunity to discover their time-honored lifestyle.

We return home through the spectacular Ait Ouham canyon

Dinner and evening at the Touda Ecolodge

5 hours of trekking U=D : 500m

#### Ascent of Azourki Jebel (3677 m)

Azourki is the sacred summit of the central Atlas Mountains. Perched above Lake Izourar, the summit looks over the « Ait Atta » nomadic peoples during their summer transhumance.

Before disappearing, the path crosses a forest of oak trees, at which point we will need to continue off the beaten track before reaching the summit.

The climbing is not difficult, as long as you're in decent physical shape.

At the top, the view over the M'Goun mountain range, the Tadla plain and the Middle Atlas mountains is positively breathtaking

Dinner and evening at the Touda Ecolodge

#### Tabant market

Tabant, the economic center of the valley, is located some 20 kms from the Touda Ecolodge.

Sunday is the day of the renowned « souk », an important meeting place for the locals in the valley, who come by foot, on donkeyback, or in communal taxis.

After lunch, we climb up the valley towards the headwaters of Ait Imi, before coming upon the enchanting village of Ait Imi and its seven water mills.



We then return to Touda Ecolodge at the end of the day using public transport.

Dinner and evening at the Ecolodge.

### **Thematic day :**

Discovery of the local lifestyle and of the villages in the high valley of Ait Bougmez.

Lunch with a Berber family in the village of Ait Ouchi.

In this region, known for its cultural and architectural riches, daily life revolves around the crop fields : well maintained areas, picturesque shouting by the plow driver, women collecting alfalfa for the cattle.

Foodies can take part in the preparation of a traditional meal.

Combining traditional Berber, Arab and even Andalusian recipes, Moroccan cooking is rightly considered as one of the most mouth-watering and sophisticated cuisines of Northern Africa.

We suggest that you savour this exquisite cuisine in an exceptionally charming setting.

Cycling : Mountain biking discoveries in the Bougmez valley, from village to village, through wide tracks and narrow curvy paths.

At the end of the day, enjoy a traditional hammam: infuse the healing aromas made with ghassoul, black soap, rose water and aromatic plants.

Festive dinner for the last evening and night at the ecolodge.

### **Day 7 : Ait Bougmez – Marrakesh**

We leave the Berber world for the kaleidoscopic wonders of Marrakesh.

During the trip, we stop at the Ouzoud waterfalls, the highest in all Morocco, an ideal place to relax.

Arrival at Marrakesh and check into your riad.

Dinner and evening at your leisure in the riad.

### **Day 8 : Marrakesh and flight back**

Last visit of Marrakesh, depending on your departure schedule

Transfer at the airport for your return flight.



### **Included in the price :**

Welcome and transfers from the airport to the riad in Marrakesh

2 nights at the riad in Marrakesh

Transfers from Marrakesh to Touda (2 ways)

A guide for the excursions

The accommodation at the Touda ecolodge, based on double occupancy, full board

Bedsheets and towels at the Touda

A session in a traditional hammam

Activities outlined in the program

### **Not included in the price :**

Meal during the transfer on Day 1 and Day 7

Drinks at the Touda Ecolodge, except tea and coffee

Extra charge for a single bedroom at the Touda ecolodge or in Marrakesh

Anything not otherwise indicated in the section « Included in the price »

### **Some extra days in Morocco ?**

After this trip, you can extend your stay in an authentic riad, in the heart of the Medina in Marrakesh, or the Medina in Essaouira, overlooking the Atlantic Ocean.

### **Rates per person (in Euros)**

2 persons.....550 €

From 4 to 9 people .....500 €

10 people and more.....400 €

**touda**

Touda Ecolodge  
Aït Bougmez Valley.

[www.touda.co.uk](http://www.touda.co.uk)

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