



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

Imperial Morocco Cycle Adventure Week

7 Nights: Marrakech - Ourika – Telhouet – Ait Benhadou - Ouarzazate



About this Tour

Morocco is the quintessential land of contrasts – both geographically and culturally, and it's Africa! Welcoming are its indigenous Berber tribes' people, and their unique connectivity to a nation blessed with stunning coastlines, high alpine meadows, exotic towns and golden Saharan landscapes. Considered a peaceful, tolerant society – especially after the Arab uprisings of 2010 and successful governance since then, Morocco remains a tourist friendly destination (and has been for 40 years). From adventurous and exotic to cosmopolitan and chic, Morocco rises to meet all tastes and interests!

Adventurebug has been operating in Morocco for

nearly 3 decades. We know the country well and have close, familiar relationships with the wonderful people. We also have a non-profit foundation (www.rifcom.org), that is based in Morocco – which is our way of giving back to a nation that has done so much for us.



This riding tour aims to capture Morocco's highlights which blend diverse natural landscapes with urban treasures, delicious gastronomy, exotic local customs and enough market and artisan visits to knock your socks off. Starting in the realms of Marrakech – North Africa's most colorful marketplace, your tour rides through a diversity of landscapes including oasis like date palmeries; the foothills of the mighty Atlas Mountain range and the sun swept vastness where the Sahara Desert begins. There's few riding tours that offer such an explosion of color, culture and landscape!



The rides are full day experiences and mileage varies from day to day – depending on what's to see and do on route. In addition to our hand selected riding program, we have built in more attractions including visits to local communities and Berber homes, learning aspects of agriculture and food preparation and touring ancient Kasbah (fortresses), and historic sites.

RIDING DISTANCE: Over 5 riding days, a distance of approximately 200-250 km is covered.

LEVEL OF DIFFICULTY: We rate this tour easy to moderate, with mostly flat to undulating terrain

throughout – it is not a technical ride by any means. Options to add on distance are available.

BIKES AND TERRAIN: Modern multi gear MOUNTAIN BIKES with front suspension and good aluminium frames. Terrain is mostly small, rural tarmac roads, some good gravel track as well. NOTE, this tour is not considered technical and the riding is geared towards casual riders over mixed terrain. A support vehicle sweeps the routes daily and a guide is present on a bicycle to ride with you. If you need to exit the ride at anytime, our support vehicle can provide a seat in the vehicle for you! E-bikes are also available for an additional supplement if required.



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



Itinerary The tour offers fabulous riding experiences in Morocco's most attractive zones: *The surroundings of Marrakech; The Foothills of the Atlas; The rural villages of the countryside and the Sahara Desert itself (but not on sands – instead good gravel and tarmac roads).*

The week consists of 5 riding days including an optional rest day towards the end. Each riding day offers completely different scenery – integrating as much of the culture and scenery possible. As always on our tour, your guide will offer free interpretive visits to monuments and/or historic or cultural attractions both during the day and in the evenings.

The tour begins and ends in MARRAKECH, making international air travel very flexible. Daily rides may require some transfers in the form of private vehicle to bypass areas of high traffic volume or difficult terrain. Transfers are included in the tour package where necessary. The lodgings range from chic boutique comfort to a more basic stay in the remote Atlas region – but rest assured, you will be well looked after and in safe hands with our guiding team. Morocco offers many spices and flavors – we feel you should experience them all!

A Summary of the Riding Days:

Day 1 - Arrival Day Marrakech – Group meets trip leader at Marrakech Airport for transfer (20 min) to hotel in central Marrakech. Orientation with Trip Leader and a Welcome Dinner provided. Accommodation in comfortable Riad (Moroccan courtyard style home), Boutique class hotel right in the market and near the famous *Jeml Ef Na* square where snake charmers and fortune tellers are part of this unique experience. Arrival transfer and Welcome Dinner included.



Day 2 - Marrakech City Tour, Ride the Palmaris District – Starting with a morning guided tour of old Marrakech on foot – finishing by lunch and a bike fitting. We then cycle tour throughout the afternoon to Marrakech's oasis like Palmari (date palms), and flat surrounding countryside. A circular ride today, finishing back at hotel in Marrakech. Riding distance approximately 30 km, very easy, with guided interpretive walk and morning visits lasting 2-3 hours. Breakfast included.

Day 3 – Ourika Valley Ride and Atlas Mountains (The Atlas Foothills) Today we leave Marrakech and head for the *Ourika Valley*, an ancient Berber agricultural settlement rich in history and colorful tribal customs. A

wonderful cross country ride as we visit the foothills to the towering Atlas range and reach a lush river valley lined with villages built from stone and clay. Riding generally flat with undulations and mild climbs in the foothills area. Distance ranging from 45-60 km. Accommodation in comfortable rural, tourist class hotel. Breakfast and Dinner included.

Day 4 – Tizi Tichka and Telouet Valley (The Atlas Mountains) This morning we shuttle by private mini bus (2.5 hours), up the high Atlas Mountain pass to Tizi n Tichka (2260 meters), where from here we descend into the stunning valley of *Telouet* (visiting the famous Kasbah), and continue on to our rural stay in the High Atlas region. A truly spectacular day riding through charming hamlets and mountain landscapes. Accommodation at Telouet region in a simple, cozy guest house near the river. Riding distance approximately 40 km over rural tarmac and gravel roads. Undulating, hilly terrain but not overly difficult. Breakfast and dinner included.





Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

Day 5 – Telouet to Ait Behhadou (The Sahara) A remarkable ride today as we descent the Valley of Ounila – a timeless place with simplistic agrarian villages amid green oasis plantations and surrounded by desert canyon walls. This is our entrance to the Sahara Desert. We arrive to the well-known Kasbah and film location of Ait Behhadou (famous backdrop for features such as *Lawrence of Arabia*, *Ben Hur*, *Gladiator*, *Indiana Jones* and many more). Riding distance approximately 55 km on simple tarmac road – mostly light descending throughout the day leading to flats at the desert. Accommodation in comfortable tourist class hotel with swimming pool and near the marketplace. Breakfast and dinner included.



Day 6 – Ait Behhadou to Ouarzazate (The Sahara)

Today we roll out onto the *Hamada* (or stone desert plains), that encompass striking variations of rock formation and color. Our ride takes us on good gravel track over a range of easy-going routes across the Sahara Hamada. Our destination, Ouarzazate was a melting pot for desert camel traders – leading back to the spice trade era with *Tim Buk Tu*, *Mali*. A colorful, vibrant modern city, Ouarzazate is a delight for cyclists and adventure tours. Distances of between 40 and 50 km covered today on easy, slightly undulating landscape. Comfortable accommodation in Ouarzazate hotel with pool and gardens. Breakfast and dinner included.

Day 7 – Ouarzazate and Fint Oasis

followed by transfer back to Marrakech in afternoon (4 hours), arriving for approximately 6pm. Today we offer an optional ½ day ride to *Fint Oasis* – a pretty desert oasis hamlet tucked into a canyon. For others, a rest day in Ouarzazate perhaps that offers free time to explore the souks, Kasbah and even take a film studio tour. Riding time to Fint approximately 25 km return (out and back ride). Final night's accommodation in Marrakech at comfortable hotel outside of Medina in the charming Hivernage Quarter. Tonight in Marrakech we say farewell to the trip leader. You may wish to book the optional Berber Fantasia show or visit to *Dar Es Salam* restaurant for dinner show with brilliant performers. Breakfast only included today.



Day 8 – DEPARTURE DAY Tour ends after breakfast in hotel. Airport transfer (15 minutes), not included – allowing your free time or further travel. Transfer assistance and ongoing travel can be made available from our local guiding team.

Inclusions

- 7 nights comfortable TOUR CLASS Hotel Accommodation in double / twin share (*Singles also available)
- Transfers where necessary (as per itinerary) and arrival transfer from Marrakech Airport only to first night hotel
- Meals – all breakfasts and 5 dinners
- Mountain bicycle hire with free helmet usage (E-bikes available for an additional supplement)
- Daily support 'sweep' vehicle and an experienced **Trip Leader** who is your guide throughout the journey
- Route Information pack including daily route descriptions provided
- Some Entrance fees and plenty of guided historic and cultural points of interest



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



TRAVEL TO MOROCCO – WHAT TO KNOW

- Your tour operator, Adventurebug, has been leading adventure trips in the region since the 1990's. They work hand in hand with local guides, transport companies and hotels. Responsible Travel ethics are a top priority for Adventurebug.
- A passport with 6 months validity is required. Normally a Visa is not required for most countries but check your embassy status.
- Special vaccinations are not usually necessary – nor is malaria considered a risk but for all medical advice, please consult your doctor.
- Banking and money access is easy and convenient with official money change agents and bank machines now widely available.
- Internet and WIFI access is now everywhere in Morocco, it has few restrictions.
- Morocco is a French and Arab speaking Muslim nation that is tolerant of all other religions. English is also spoken.
- The Moroccan diet is not spicy, it is a healthy balance of low fat options. Cous cous, tagine stews and vegetables in tasty broths are the norm. Please drink bottled water only – widely sold everywhere. Special diets may be hard to cater to. Vegetarians normally no problem – vegan, celiac, etc may wish to bring supplements.
- Health and pharmacy provisions are plentiful and modern for the tourism industry but please bring prescriptions from home.
- Security and safety issues are well managed and tourists feel safe and free to enjoy the culture. Common sense is necessary in busy, tourist areas and be extra cautious on the road whilst cycling.
- Gift buying and refurbishing your home takes an entirely new twist after a visit to Morocco!
- Dress codes are not strict and casual wear – including cycle shorts for ladies is acceptable. Only near mosques or in traditional villages do we ask ladies to cover their shoulders.

CLIMATE IN MOROCCO

- Climate wise, our tours are operated outside the extreme African heat periods. Expect mostly dry weather and warm sunshine with temperatures not exceeding 25c, except for late afternoons in the Sahara region – after we finish the riding of course! Evenings can be cool – down to 10c at night in the hills and desert areas. Morocco offers the best blend of weather and dryness for hiking and cycle tours.

