



# The Mgoun Range

## TRAVERSING THE CENTRAL HIGH ATLAS

SUMMER/ 2010: JUNE: 2 AND 17; JULAIT: 2 AND 18; AUGUST: 2 AND 16; SEPTEMBER: 2 AND 18

ASK US ABOUT OTHER DATES

TESSAUT VALLEY

- 1** Rendezvous at the arranged point in Marrakech for the journey to Tighza (4 h). Pause to visit Telouet Kasbah, steeped in history. Night in tents.
- 2** The trek starts in Tighza, climbing the Onila valley to Lake Tamda. Night in tents.
- 3** Lake Tamda to Tamzrit village, and on to Todja. Night in tents
- 4** Todja to Megdaz, one of the most beautiful Atlas villages. Night in Kasbah Itran Megdaz.
- 5** Walk up the Tessaout valley to Imi N' Ikkis hamlet. Night in tents.
- 6** We gradually gain height to Tasguiywalt, a balcony overlooking the valley. In the afternoon we explore the Uandrás canyon. Night in tents.
- 7** Impressive climb above 3000 metres to the Terkeditt alpine plain. Night in tents.
- 8** Those going to the M' Goun summit start out at 4:30AM, the rest follow the mule track to the Oulilmit meadows, where the group reunites. Night in tents.
- 9** From the Oulilmit nomad camp to Aflafal along the track used by shepherds and their flock. Night in tents.
- 10** Aflafal to Imi-nirkt through the Ozightmt valley. Night in tents.
- 11** From Imi-nirkt we walk through the stunning Mgoun canyon to Aguerzakka. Night in tents.
- 12** We follow the river to Boutaghrar. Transfer to Kasbah Itran (30 min) where we spend the night.

### BERBER VILLAGES AND NOMADS

At 4,068 metres, Mgoun is the second highest mountain in North Africa. The steep terrain in this area has kept many Berber hamlets isolated. They are still only accessible on foot. This area is a summer meeting point for nomad families who climb to the high altitude pastures to graze their livestock. Our route crosses the entire massif from the Omila valley in the west to the Valley of Roses in the south-east, the definitive route for anyone wishing to steep themselves in the cultures and landscapes of the High Atlas.



CLIK GOOGL EARTH

### USEFUL INFORMATION

#### > COMPULSORY MATERIAL

- VALID PASSPORT
- Water purifying tablets
- Hiking boots
- 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 €).

### RENSEIGNEMENTS PRATIQUES

#### > FLIGHTS TO MARRAKECH

[www.easyjet.com](http://www.easyjet.com)  
[www.atlas-blue.com](http://www.atlas-blue.com)  
[www.ryanair.com](http://www.ryanair.com)  
 These low-cost airlines include routes to Morocco. If you book early enough, you can find return flights for less than € 70

**> 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 mid-day for lunch. Local guides and chefs accompany us on the trek.



#### > COST PER PERSON: € 590

The price includes travel insurance, all vehicle transfers 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 meals from dinner on Day 1 to breakfast on Day 13.

#### > CONDITIONS AND RESERVATIONS :

- 1.-CHECK AVAILABILITY (The minimum group size is 4 and the maximum, 12).
- 2.-RESERVATION: 200 € bank transfer. This amount is only refunded if the journey is cancelled.
- 3.-THE REST OF THE COST must be transferred 15 days prior to the start of the journey. At the same time as the first transfer, you should send us by mail the following personal details to process the travel insurance: Name and surname, ID or passport number and address.
- > RETURN TO MARRAKECH:** We prefer to leave this

open as there are always people who wish to stay on a few more days in the area. Regular buses leave Kasbah Itran (Kelaa M'gouna) for Marrakech every day (a 6 hour journey). You can also contract a private taxi for € 150/6 pax  
**> HOTELS IN MARRAKECH :** We can arrange for your accommodation in Marrakech at a Riad in the Medina. (Double room € 60)

**+ INFORMATIONS**  
[angel@kasbahitrان.com](mailto:angel@kasbahitrان.com)  
 Tlf: 0034 620984000  
[www.kasbahitrان.com](http://www.kasbahitrان.com)