

Hike, Yoga & Culture

2-11 may 2026

MOROCCO

The Valley of the Roses, Morocco



On the south-eastern side of the Atlas mountains lies a hidden jewel: the spectacular Valley of the Roses offers fantastic hiking, traditional villages, plentiful rivers and surprising gorges. The lush greenery contrasts with rusty orange rock formations and with a blue sky behind, it is truly idyllic.

Welcome to an Unforgettable Experience in the Heart of Morocco!



A 10-day journey combining trekking, discovery, cultural exchange, and well-being in the the Valley of Roses (or the Dades valley).

We are in the foothills of the spectacular landscapes of the High Atlas Mountains!

This adventure is a true invitation to reconnect — with yourself, with nature, and with the vibrant culture of Morocco.

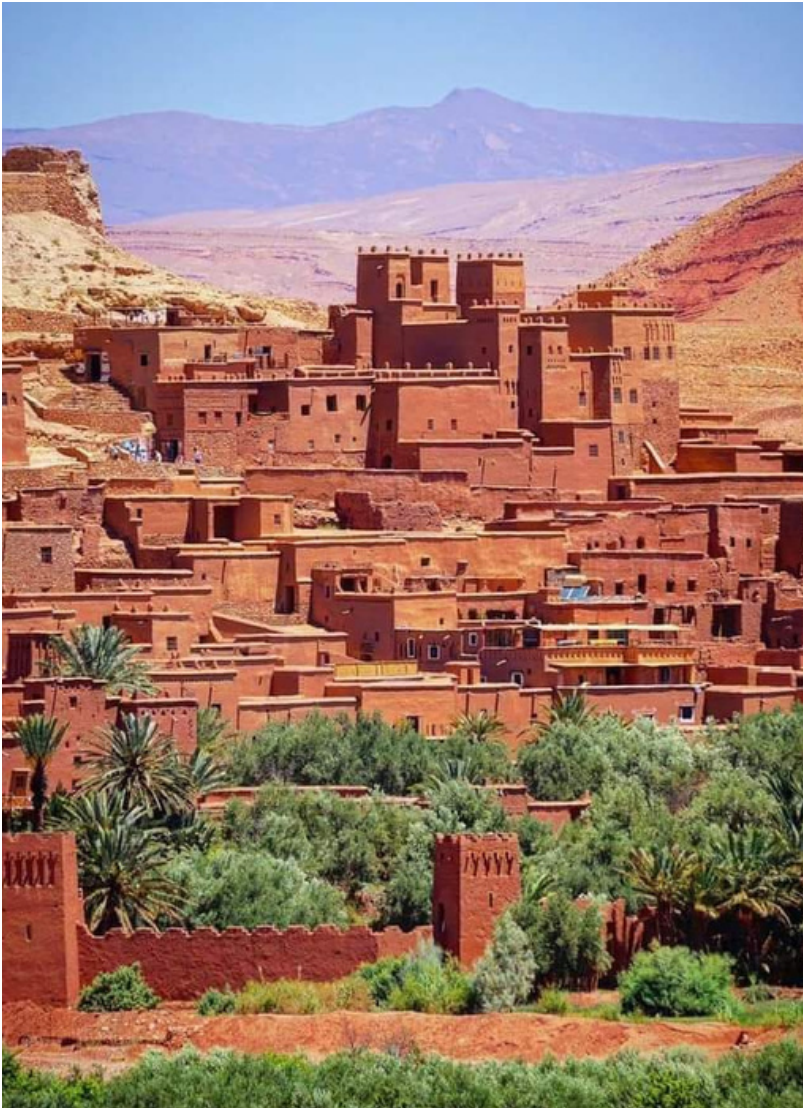
The economy of this region is mainly based on agriculture (grain, barley, corn, potato). It owes its name to the presence of rose hedges used to keep goats out of cultivated fields. Roses are traditionally used for the production of rose water and they are the vivid theme, particularly throughout the month of May when they are harvested. The scent and colours of these roses may linger for a life-time!

Along the trails, we will be carried by the beauty of the mountains, the radiant colours of spring, and the warmth of shared moments.

Yoga sessions, open to all levels, will help to bring balance and renewal to your days, relaxation for our body and mind.

You will be guided by Mandy, yoga teacher and mountain leader, and Mohamed, a passionate local guide who shares his homeland with his heart.

Highlights of this trip:



-The Valley of the Roses is seen in all its splendour in spring, with flowers, almond trees and roses in full bloom ! Up to 4000 tonnes of wild roses are produced in this valley and we are there to participate in the famous Fête des Roses !

-We stay with Mohamed, a local guide. Through him, we meet his family and have a privileged contact with all locals we meet along the way

-This trip is particularly varied and allows us to hike in amazing scenery and to see and take part in many traditional activities.

-Our morning/evening Yoga will help our bodies and minds towards feeling strong, healthy and relaxed.

-The Moroccan cuisine is delicious, colourful and beautifully presented !

-Marrakech is a memorable visit! Many people come to Morocco just to visit this highly animated and vibrant city with its surprising shops and stalls.

Our programme- A 10-Day Journey from Marrakech and through the Valley of the Roses

Day 1 (2nd May) – Arrival in Marrakech & Transfer to the Valley of the Roses. We will be warmly welcomed into Mohamed's home, our base for most of our 10-day stay.

Day 2 (3rd May) – Rose Festival & Village Exploration

We take part in the Fête des Roses, a joyful celebration featuring a lively marketplace surrounded by rows of perfectly cultivated roses. The air is filled with their delicate perfume as we wander and explore these enchanted paths.

Later, we'll enjoy a short hike around the village of Mirna to take in the beautiful panoramic views.

Day 3 (4th May) – Folklore & Local Traditions

The Fête des Roses continues! We may witness the election of Miss Rose and experience the region's colorful folkloric dances. We will also visit local artisans and learn how traditional products are made.

Our walk through the gardens introduces us to the area's rich fruit orchards and crops, offering insight into how this lush part of Morocco is cultivated.

Day 4 (5th May) – Hike to Hdida & Women's Cooperative Visit

We set off on a scenic hike to Hdida, passing through traditional Berber villages surrounded by orchards and fields. In the afternoon, we visit a local women's cooperative to learn about their inspiring community work.

Day 5 (6th May) – Hdida to Ait Khalifa via the Agouti Gorges

Today's trek takes us through the beautiful Agouti Gorges to reach Ait Khalifa, where we'll stay with Mr. Ibrahim. He will show us his private museum and demonstrate how traditional couscous is prepared.

Day 6 (7th May) – Ait Khalifa to Tamgalouna

Our journey continues through the Aguerzake Gorges, passing the villages of Imi n'Ouakka and Igharm on our way to Tamgalouna. In the afternoon, we take part in preparing a traditional Moroccan evening meal.

Day 7 (8th May) – Return to Mirna

We hike back to Mirna in a relaxed 3-hour walk. Later, we enjoy demonstrations of traditional bread-making and have an option of a festive méchoui (roast lamb) dinner.

Day 8 (9th May) – Kelaa M'Gouna Market & Cultural Encounters

A pleasant 1½-hour walk takes us to the bustling Kelaa M'Gouna market, filled with colors, scents, and local life. In the afternoon, we visit the Kelaa M'Gouna Cooperative, known for rose water, essential oils, perfumes, handicrafts, and textiles.

We will also share tea and learn bread-making techniques with a nomadic tribe – a truly authentic cultural experience.

Day 9 (10th May) – Return to Marrakech via Aït Benhaddou

We transfer back to Marrakech (approx. 300 km), stopping en route to visit the Kasbah Taourirt, a traditional spice caravan, and the famous Aït Benhaddou. We'll enjoy a picnic along the way and cross the spectacular Tizi n'Tichka Pass (2,260 m). Overnight stay in a Marrakech hotel.

Day 10 (11th May) – Time to visit Marrakech depending on flight time. Depart

Practical Information

The Price:

-1320€

What is included in this price?

Everything from the pick-up to the depart from Marrakech

What is not included in this price?

Drinks, extras outside of meals etc

To book your place directly and pay by bank card/transfer:

Deposit: 500€; 820€ payable 45 days before trip

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