

Trek & Culture

22-30 May 2027

MOROCCO

Welcome to Morocco!

An Exceptional Trek in the Central High Atlas & Ascent of Mount M'Goun (4,000 m)



-The legendary and exotic Atlas Mountains

-An authentic immersion into the heart of Berber country



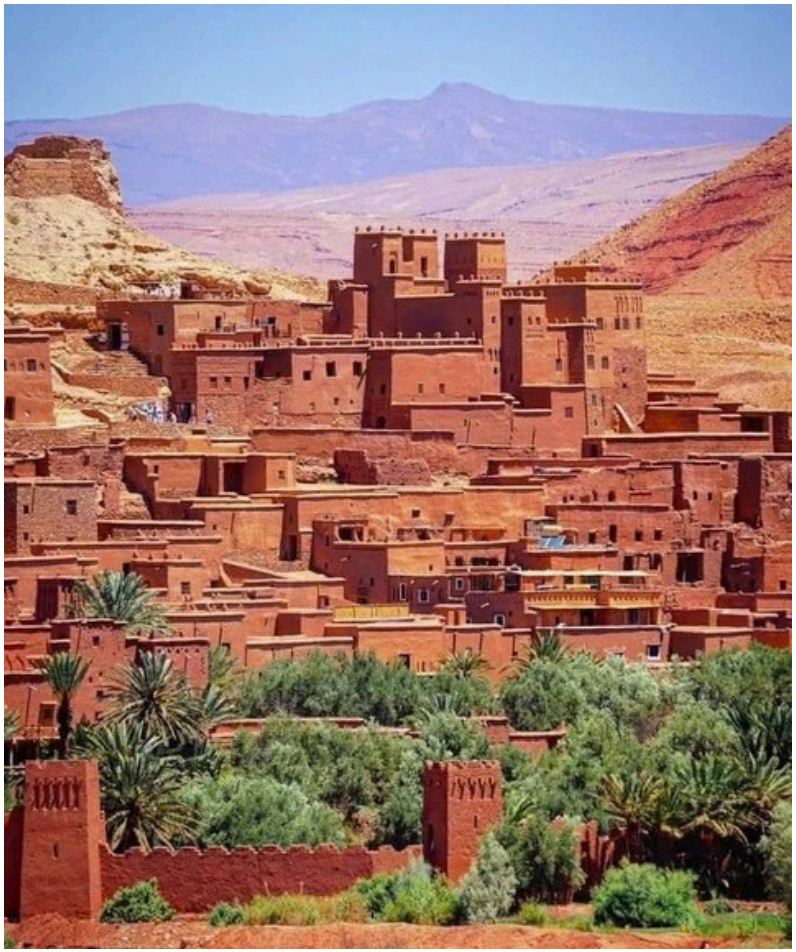




-Discover the spectacular Valley of Roses, bursting into bloom in spring

-A journey combining cultural discovery, hiking and adventure





Highlights of this Trek:

- Experience the warm hospitality of Mohamed's home in the heart of the magnificent Valley of Roses
- Spend your nights camping under the stars, staying with local families or in traditional mountain guesthouses
- Enjoy days of hiking and optional yoga sessions on the terrace
- Savour delicious, colourful local cuisine
- Explore high-altitude plateaus, Berber villages, spectacular gorges and incredibly diverse landscapes
- Reach the legendary summit of Mount M'Goun at 4,000 metres!
- In spring, the Valley of Roses reveals all its splendour. Almond trees burst into blossom, and nature comes alive in a vibrant display of colours and scents

We are welcomed by Mohamed into his family home in Azrou. This stay offers a wonderful opportunity to meet local people, share in their daily lives and discover the richness of Berber culture and traditions. Together with Mohamed and his dedicated team of cooks, muleteers and drivers, we discover an authentic side of Morocco.
This carefully designed journey combines cultural discovery, hiking and gradual preparation for our ascent to 4,000 metres.
After exploring the vibrant city of Marrakech, we head towards the peaceful villages and valleys of the High Atlas Mountains.

Each day, beautiful hikes take us through an extraordinary variety of landscapes: lush green valleys, traditional Berber villages, spectacular gorges, vast high-altitude plateaus and remote areas still frequented by nomadic communities.
Our hiking adventures are complemented by delicious, colourful local meals and fascinating cultural visits. Through Mohamed we are offered a genuine taste of life in the Atlas Mountains.

I also offer yoga sessions on the terrace suitable for all levels, always optional.
The sessions are adapted to the hiking schedule and the needs of the group. They can take place in the early morning or at the end of the day, allowing time to stretch, relax and reconnect.

Our daily hikes gradually prepare us for the the ascent of Mount M'Goun at 4,000 metres! Day 6 will be the big day and no doubt one of the highlights of our trip.
We set off before dawn with headlamps, and gradually make our way towards the legendary summit.
It will be a long and demanding day in the mountains, but also an exceptional and deeply rewarding experience, offering unforgettable moments in the heart of the High Atlas.
A true mountain adventure, filled with breathtaking scenery, personal achievement and human connection.

Our Programme day by day

Day 1 – From Marrakech to the Valley of Roses

We leave Marrakech and head towards the beautiful Valley of Roses.
Crossing the spectacular Tizi n'Tichka Pass, at an altitude of 2,260 metres, we reach the valley after a scenic drive of 300 km.
Settle into Mohamed's family home in Azrou, where we will enjoy a warm and authentic welcome.
We round off the day with a gentle yoga and stretching session, allowing our bodies to relax and unwind after the journey.
Night - Mohamed's family home in Azrou.



Day 2 – Discovering the Valley of Roses



We set off on our first hike through the magnificent Valley of Roses and its lush green gardens, traditional villages and the colourful landscapes
3-4 hours walking
Yoga session on the terrace.
Watch the preparation of a traditional couscous.
Night - Mohamed's family home in Azrou.

Day 3 – Between Ifr and Touzrikt



We set off on a beautiful circular hike between Ifr and Touzrikt.
This varied hike offers magnificent panoramic views over the surrounding valleys and mountains.
3-5 hours of walking.
Yoga session.
Enjoy a demonstration of traditional local bread-making in outdoor oven
Night - Mohamed's family home in Azrou.



Day 4 – Through the Ajarmaduine Gorges

We drive from Azrou to Boutghrar (30 minutes) and begin a spectacular hike through the impressive Ajarmaduine Gorges, surrounded by dramatic rock formations and breathtaking scenery we end in the village of Tamgalouna.
3-5 hours walking.
Transfer to the village of Aït Khlifa.
Yoga session.
Visit of a surprising casbah and see the making of couscous by local women
Night - Ibrahim's guest house



Day 5 (May 26) – Heading into the High Mountains

We begin with a drive (1 hour) to the village of Amacine, 2,050 metres.
Here, we meet up with our team of muleteers, who will accompany us for the next stage of our adventure.
We set off on foot towards Tanghrift, 2,800 metres.
Hiking time approximately 5 h 30 .
This stage marks our gradual journey into the high mountains, as the landscapes become increasingly wild and spectacular.
Night: Bivouac camp at Tanghrift.



Day 6 (May 27) – The Summit of Mount M'Goun (4,000 m)

The big day!
We set off early, about 4:30 a.m., guided by the light of our headlamps. We climb gradually gaining altitude and the light of the morning sun as we approach the heights of Mount M'Goun.
An exceptional and challenging day with approximately 9 hours of hiking, leading us to the legendary summit of Mount M'Goun, at 4,000 m and its panormaic view.
From the summit, we begin our descent towards the village of Tichki.
Night: Lahcen's Guesthouse



Day 7 (May 28) – Following in the Footsteps of Nomads

From Tichki, we make our way towards the M'Goun nomadic plateau, crossing Tichki Pass, 2,600 metres.
We cross the traditional lands of the Aït Baraa nomads, discovering and learning about their traditional way of life.
We stop for lunch at the Ifard Springs and continue our journey back to Azrou
Hiking time: 5 hours.
Night - Mohamed's family home in Azrou.

Day 8 (May 29) – Return to Marrakech

After our adventure in the heart of the High Atlas Mountains, we make our way back to Marrakech.
Transfer: approximately 300 km by minibus.
Upon arrival, we check in and enjoy some free time to soak up the unique atmosphere of Marrakech one last time.
Overnight stay: Marrakech, depending on your flight schedule.



Day 9 (30 mai) Départ

Practical Information

Led by:



Mandy,
Mountain leader
& Yoga teacher

Mohamed,
our host and
Moroccan
mountain guide



The Price:

-1280€

Included in the Price:

Everything is included from leaving Marrakech (morning of day 1) to arrival in Marrakech (afternoon day 8)
We can organise our stay in Marrakech together depending on arrival & departure times.

Not included in the Price:

Nights and meals in Marrakech
Drinks or other extras

Book your trip by card or bank transfer:

(500€ to book your spot, 780€ 45 days before departure)

Sian Grigg: -0688112212

sian@pyrenees-mountains.com

SARL LES TEMPLIERS
SIRET: 45064078400010
Atout France: IM065120014
IBAN: FR7616906010135107955898875

For any questions you may have:

Mandylatchford@yahoo.fr / 0676164831 or
https://yoganwalk.com

