

# Walking in the Atlas Mountains

**Trip style:** Guided Walking Holidays

**Destination:**  Morocco

**Trip code:** MRZ08-WHW10

**Grades:** 1, 2, 3



## HOLIDAY OVERVIEW

From the spine-tingling buzz of Marrakech's maze-like medina to the heart-stirring serenity of the peaks and valleys in the Atlas Mountains, you'll walk amongst some of Morocco's most captivating scenery. A land of Berber villages, fruit-rich orchards, dizzying orange-hued gorges, and impossibly green valleys awaits as we set off on a potpourri of walks from our base in the heart of the mountains.

## WHAT YOU'LL LOVE

- Sightseeing tour of Marrakech's Medina, souks and Jemaa el-Fnna square
- Discovering Ait Bouguemez valley, known as the happy valley
- Walking in the heart of the Atlas Mountains
- Marvelling at the mix of scenery, from the Ouzoud Falls to M'Goun mountain
- Visiting a women's cooperative where they make rugs and bottle honey

## WHAT'S INCLUDED

- A choice of two walks a day with experienced local leaders
- HF Holidays Tour Manager
- 8 nights' touring accommodation in Marrakech & Atlas Mountains
- 8 breakfasts, 6 lunches & 8 dinners
- An evening of traditional Berber entertainment
- All sightseeing and entrance fees (as per itinerary)
- Return flights from UK including baggage and transfers

## TRIP SUITABILITY

This tour is graded level 3 which is moderate. There is a choice of two walks per day one harder than the other. Distances walked on the easier walk average at 4 miles (6.5km) while the harder walk averages at 8 miles (13km). The terrain is uneven and at times rocky underfoot and the trails are not always well defined, and we will be walking around hillsides. A good level of fitness and mobility are necessary.

## ITINERARY

### **Day 1:** Arrival Day

Arrive in Marrakech and transfer to your accommodation. Settle in and relax or explore the local area. This evening enjoy your first experience of Moroccan cuisine with a welcome dinner.

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### **Day 2:** Discover Marrakech

We begin our morning walking tour of Marrakech in the medina with a visit to the spice-scented souk. A feast for the senses, aromatic spices in a rainbow assortment of colours are piled high, while stall holders tempt you with free samples of Morocco's delicious nuts and dates. See the communal ovens where local women come to bake bread and visit the 19th-century Bahia Palace to marvel at its masterful Zellige decoration. We'll also stop by the Madrasa Ben Youssef famous for its intricate architectural design, before rounding off in Jemaa el-Fnaa square, the heart of the old quarter where you can find just about anything to buy. The afternoon is at your leisure. Perhaps visit the Secret Garden where you can have a coffee overlooking the restored ancient gardens or relax in your riad, with some mint tea and patisserie.

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### **Day 3:** High Atlas Mountains

Today we leave the hustle and bustle of the city and drive through the foothills of the High Atlas Mountains to the Berber town of Azilal where we'll have the chance to see Ouzoud Falls. We'll pass mountains, gorges, and mud brick Berber villages on our way to the heart of the High Atlas, including Ait Bouguemez, also known as happy valley. Then it's on to our accommodation in the village of Imelghas, which will be our base for the rest of our time in the mountains.

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### **Day 4:** Ait Bouguemez Valley

### **Day 5:** Souss Region

### **Day 6:** Berber Villages and Orchard Valleys

### **Day 7:** Trails Around M'Goun

### **Day 8:** Visit Women's Co-operative, return to Marrakech

Our last day is an opportunity to visit the Women's Co-operative of Imelghas in the beautiful Ait Bouguemez valley. Meet the talented women who create traditional rugs from natural wool and dyes, each piece telling a unique story. Learn how they work together to preserve these crafts, and if you like, try your hand at weaving or baking Berber bread. The co-operative not only provides a source of income for these women but also a warm space for connection and creativity during the colder months. In the afternoon, we'll travel back to Marrakech and enjoy a traditional dinner to celebrate our final night.

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**Day 9:** Departure Day

Transfer to Marrakech airport for departure.

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## Riad Bahia Salam, Marrakech - Morocco

What was once a traditional Moroccan family home has now been lovingly converted into a luxurious and tranquil oasis just a short stroll from the bustle of Jemâa El Fna square. Simple yet tastefully decorated rooms are furnished in typical Arabo-Berber style while public areas are all long low sofas, covered in plush cushions, and handwoven Arabic rugs. Outside, you'll find a sleek pool and terrace area complete with a fully stocked bar, and a mosaic-tiled courtyard garden ideal for cooling off in the shade. When it comes to dining, there's a beautiful restaurant serving local cuisine.

## Auberge Dar Itrane, Aït Bougmez valley - Morocco

Surrounded by the green-carpeted mountains of the Aït Bougmez valley, this traditional riad-style lodge provides spectacular views over the stunning landscape – particularly from the roof terrace. Rooms are simple and the accommodation is basic but boasts an outdoor pool and a restaurant serving typical dishes using local ingredients. And thanks to the lodge's remote location, a clear night rewards with incredible views of the starry skies.

## Riad Nesma, Marrakech - Morocco (30 October 2026 only)

Built in traditional Moroccan style around an attractive central courtyard this riad is only a few steps from the famous Jemâa El Fna square. It has a rooftop terrace decorated with plants, panoramic views of the medina and Atlas Mountains and a plunge pool and jacuzzi. As with all riads, no two rooms are the same as they are individually designed with traditional décor. They are air conditioned, private bathrooms and free Wi-Fi. There are seating areas on the rooftop and inside.

### **Dietary requirements - SHARED WITH ALL WW**

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs. If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

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### **Vaccinations & health information for Morocco**

This information is subject to change. In all cases, we highly recommend you consult your GP both for up to date details and for more information on what is appropriate to your situation. As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK – including, for example, the MMR and diphtheria, tetanus, polio vaccines. Hepatitis A & Tetanus vaccinations are recommended. Diphtheria, Typhoid and rabies are sometimes recommended too.

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### **Passport & Visa information for Morocco**

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. Passport Your passport should be valid for the proposed

duration of your stay; no additional period of validity beyond this is required but it's recommended to have at least 6 months additional validity beyond your date of entry. Visa British nationals don't need a visa to enter Morocco for tourism for up to 3 months. Make sure your passport is stamped on arrival – some tourists have experienced difficulty when leaving because they don't have an entry stamp.

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### **Packing list - Morocco**

Morocco's climate varies from warm/hot in the cities to cooler/cold in the Atlas Mountains. Our tours run in spring and autumn with temperatures around the low to mid 20s Celsius with light rainfall from time to time. Like other places in the world highs and lows in temperature are changing so it is advisable to pack layers so you can adapt to the changes. Essentials Walking boots with good ankle support and grip Lightweight clothing including a rain jacket or poncho Jumper/jacket for the cool evenings Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat for the Mountains Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses Rucksack (15-30 litres) Mobile phone/camera Insect repellent Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy Recommended Collapsible walking poles Swimwear and travel towel (pool in Marrakech accommodation) Optional extras Small mat for sitting on during rests and picnics on walks

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