



# Morocco

## Trekking Mount M'Goun

15 Days

This fantastic expedition delves deep into the less frequented areas of the Atlas mountains to discover what life is really like for those in remote rural communities. The trip starts with the heady sights and sounds of Marrakech, exploring souks and bartering for ingredients for a cookery class. We set out on foot to climb Mt M'goun which, at 4,071m is Morocco's third highest peak. It is a 5-day trek with fantastic views and far fewer crowds than the Mt Toubkal area. We finish our adventure in Essaouira, a historic and beautiful port on the Atlantic coast. Here we ride camels and have a surf lesson in one of the world's top surfing locations. Throughout our expedition, we are treated to the wonderful Moroccan people and their culture. It is an adventure not to be missed.



[Learn more about our Carbon Labels](#)

# Your Recommended Expedition Itinerary

<b>Day 1</b>	<b>Marrakech</b> We are welcomed by our tour leader upon arrival and transferred to our hotel in Marrakech. The rest of the day's plans will depend on the arrival time of our flight.	D
<b>Day 2</b>	<b>Marrakech - Bougumez Valley</b> This morning we take a walking city tour around the souks, before transferring to the Bougumez Valley. We settle into our new surroundings and overnight in a local gite.	BLD
<b>Days 3 - 4</b>	<b>Project Work in the High Atlas</b> The next few days are spent completing project work in the local community, subject to the needs of the community at the time of travel. We confirm full details prior to departure. Between project work and connecting with the locals, we have time to explore and wander the local area.	BLD
<b>Day 5</b>	<b>Ihkf n Ighir to Ikkis 2320m</b> This morning our journey to Mount M'Goun begins, we meet our Berber crew and start the trek throughout the valley along mule path traversing the cultivated fields to the entrance of the Ait Said valley. We continue along the narrow valley to the summer pasture of Ikkis, at the entrance of Arous gorge. Approx. 6 hrs	BLD
<b>Day 6</b>	<b>Ikkis to Tarkkedit 2900m</b> We leave the camp and start a gradual climb on a mule path to the high pass of Tizi n Tarkedit 3400m, with great views of the M'Goun ridge. We trek down to the high plateau of Tarkkedit where the nomads Ait Atta tribe from the Jebel Saghro spend the summer months with their livestock. This is also the spring of the Tassaout valley Approx. 6 hrs	BLD
<b>Day 7</b>	<b>Tarkkedit to Mgoun summit 4068m to Oulilimte 2650m</b> We have an early start for the climb of Mgoun, with a gradual climb up to the first pass then a steep section leading to the ridge. There is a long walk along the ridge, before reaching the summit. We have great views of the whole Mgoun massif, Jebel Saghro and the Dades valley to the south. After a rest at the summit, we begin the long and steep descent to the upper Oulilimt valley. Approx. 10 to 11 hrs. Alternatively we can trek with the muleteers over Tizi n Oumsoud to the camp (Approx. 5 hrs).	BLD
<b>Day 8</b>	<b>Oulilimte to Amougr 2500m</b> We descend along the scenic Oulilimt valley to Aflafal, the source of Mgoun river. After a picnic	BLD



lunch we continue to Tighremt n'Aït Ahmed and on to the camp at the foot of Tizi n'Aït Imi.  
Approx. 6 hrs

- Day 9** **Amougr 2500 m to Tizi n'Aït Imi 2905 m, Aït Bougmez** BLD  
This last trekking day starts with a steady ascent to the Tizi n'Aït Imi pass, followed by a long descent of around 1,000m down to the Bougumez Valley. We visit the spring of Ait Imi and continue to Ikhf n Ighir for a night in the gite.
- Day 10** **Imi n Ifri Mountain Biking** BLD  
After breakfast, we start the mountain biking along the Bougumez valley to Taghzoute. We cycle down on a zigzag section to the valley of Ait Boulli before continuing to Abachkou. We then board the buses and transfer to Imi n Ifri.
- Day 11** **Imi n Ifri to Essaouira** BLD  
This morning, we transfer from Imi n Ifri to Essaouira via Marrakech. On arrival we take an orientation walking tour and have the rest of the afternoon to relax on the coast.
- Days 12 - 13** **Surfing & Camel Ride** BLD  
Over the next couple of days, we enjoy the beach with camel riding and surfing. There is also time to explore the souks of Essaouira and buy some souvenirs.
- Day 14** **Essaouira to Marrakech** BLD  
On our final morning in Essaouira, we make the most of the beach before transferring back to Marrakech, visiting an Argan oil cooperative en route. We have a celebration meal in Marrakech and enjoy our last evening together, reflecting on the past two weeks.
- Day 15** **Marrakech and then home** BL  
On our final day in Morocco, we transfer to the airport for our return flight to the UK. Depending on flight schedules, there may be time to buy some last-minute souvenirs.



## Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel information sessions
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination on request

## What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



## A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

## Physical Rating for this trip: Grade 4



Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four-month fitness improvement programme would ensure you get the most out of the trip.

## Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



## Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

### Responsible Tourism workshop

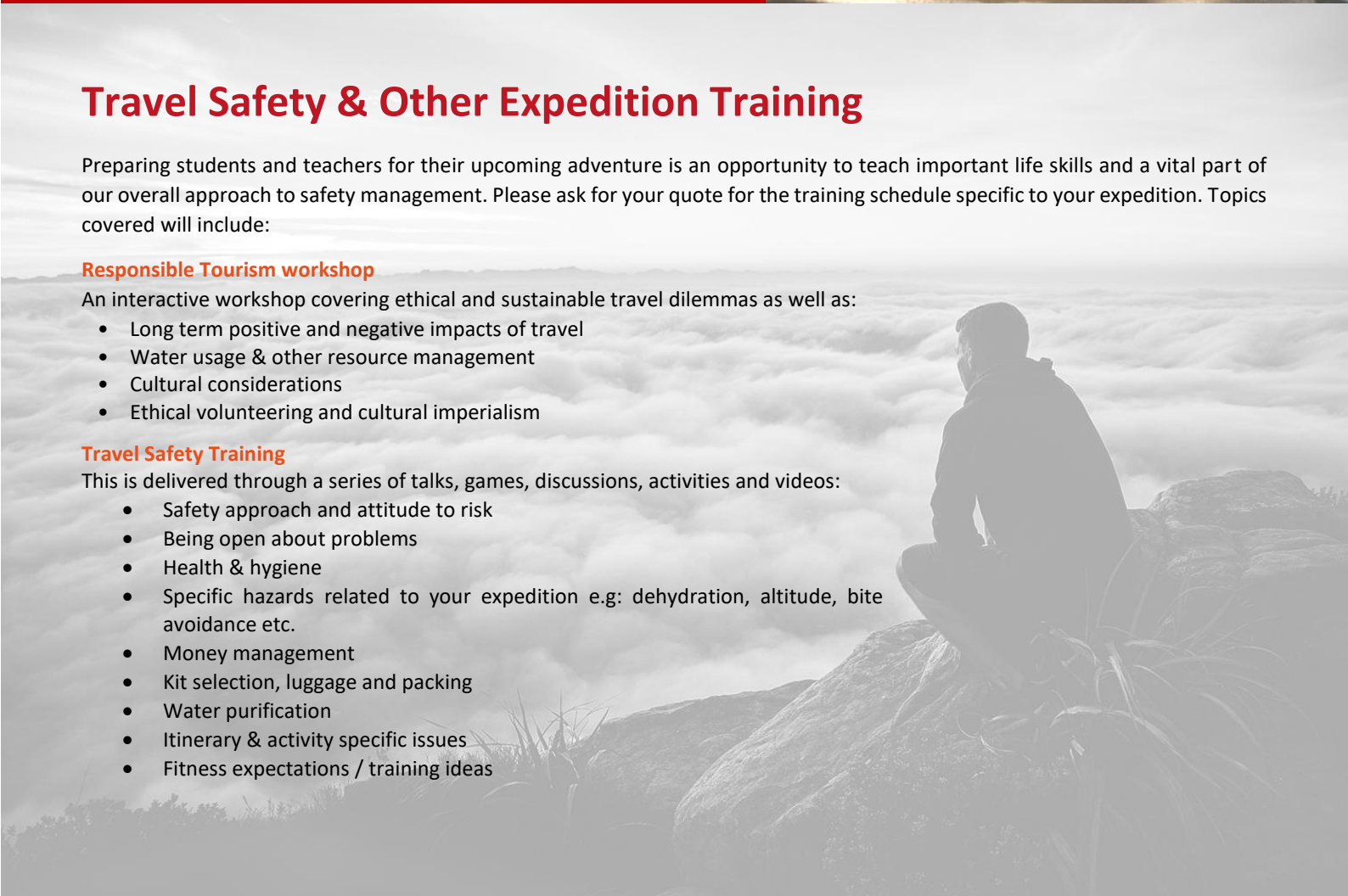
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

### Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

## 1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

## 3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.

*"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."*

**Teacher feedback, King's High Warwick**

## Contact Us:

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