

SPICE ROADS

CYCLING



ROAD CYCLING MOROCCO: ATLAS TO ATLANTIC

Tour Code
MAR-MRB

11 DAYS
10 NIGHTS

	Destinations	Morocco
	Tour Meets Tour Ends	Marrakesh, Morocco Marrakesh, Morocco
	Fly in to Fly out of	Marrakesh Mara International Airport Marrakesh Mara International Airport
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



8 Cycling days	656 ^{km} Total cycling distance
82 ^{km} Avg distance / day	1509 ^m Avg climbing / day

PRICING



Price	US\$ 2,300
Bike Hire (Standard Road Bike)	US\$ 275
Single Supplement	US\$ 395

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



09 March - 19 March 2025
13 April - 23 April 2025
18 May - 28 May 2025
28 September - 08 October 2025
19 October - 29 October 2025
16 November - 26 November 2025
15 February - 25 February 2026
08 March - 18 March 2026
12 April - 22 April 2026
17 May - 27 May 2026

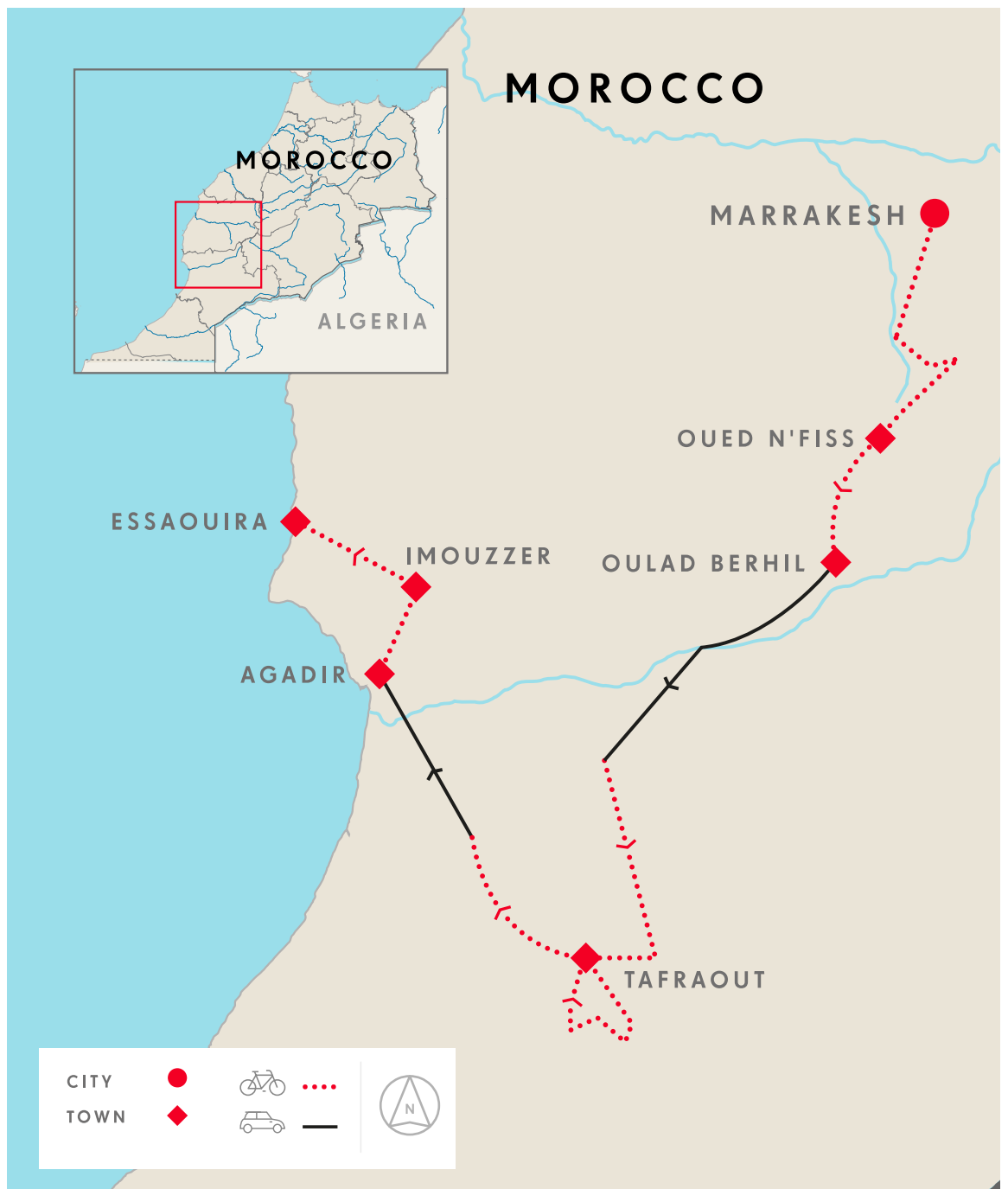
See website for later departures

TRIP PROFILE

This tour tackles demanding terrain in 8 days of road cycling with a contrast between the High Atlas during the first part of the trip, and the desert, Lesser Atlas for the second. Though we'll traverse some mountain passes, the maximum altitude during the trip is 2,100 meters above sea level. The Moroccan Atlas are predominantly arid and sparsely populated areas, so our riding will be through scenic natural areas and the occasional village. Accommodation in Marrakesh and Essaouira will be in authentic "riads," and in the small towns of the Atlas we'll stay in traditional "giats" maintained by a local family and in small hotels and lodges. Though some accommodation will be more basic than others, we'll stay in the best available and can expect warm welcomes and unparalleled local hospitality.

Suitability: Almost all cycling days include over 1,500 meters of elevation gain, with two days of around 2,000 meters of elevation gain. Climbs range from short and steep to long and gradual, and there are very few flat sections. Though a support vehicle with water, refreshments and empty seats is always nearby, strong cycling fitness and climbing experience is recommended for full enjoyment of this trip.

Biking conditions: Our route takes us on scenic mountain roads on tarmac in primarily good condition, though there will be a few rough sections. Some ascents and descents will be steep, requiring good handling skills. Most of the roads contain minimal traffic, and we will utilize the support vehicle to make a few short transfers through busy areas.



Day 1 Arrive in Marrakesh

Welcome to Morocco! Your guide for the trip will meet you at the Marrakesh Menara International Airport and transfer you to your hotel in the city, a charming bed and breakfast with authentic Moroccan riad style. In the evening, join the group for a trip briefing followed by a welcome dinner over a Moroccan feast!



Riad Luzia & Spa or Riad Khabia



Dinner

Day 2 Marrakesh to Oued N'fiss

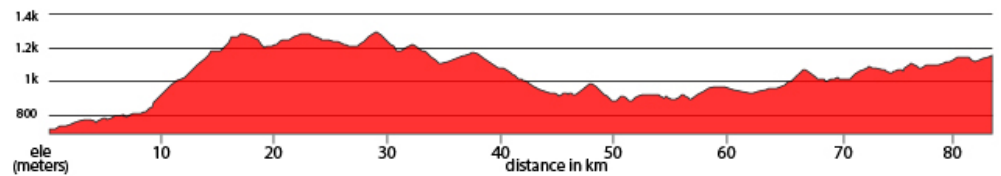
After enjoying a traditional Moroccan breakfast in our riad, we hop into the van to transfer out of the city and into the foothills of the Atlas. After a quick fitting, we'll hop on the bikes and begin our first ride of the tour- a 25 kilometer climb to get properly warmed up. At the top of the pass, we'll be rewarded with fantastic views of some of the High Atlas summits, followed by a descent into the N'fiss Valley where we'll continue an undulating ascent to our destination, the Berber village of Oued N'fiss. We'll overnight in a gite- a traditional Berber inn maintained by a local family.



Gite Chez Lhousseine



Breakfast, Lunch, Dinner



Ride 83km



+1503m



-1068m

Day 3 Oued N'fis to Ouled Berhil

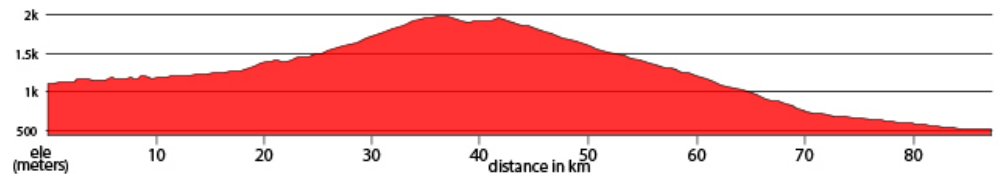
After breakfast, we'll continue through the N'fiss Valley on a winding and snaking mountain road, and one of Morocco's highest. Today's ride is relatively simple compared to the day before, with a single, gradual ascent over 20 kilometers. Once we've reached the peak, we'll enjoy a long descent, all the way to our destination for the day's ride- the small town of Ouled Berhil. We'll overnight in a hotel with lots of local character.



Riad Hida



Breakfast, Lunch, Dinner



Ride 87km



+1081m



-1695m

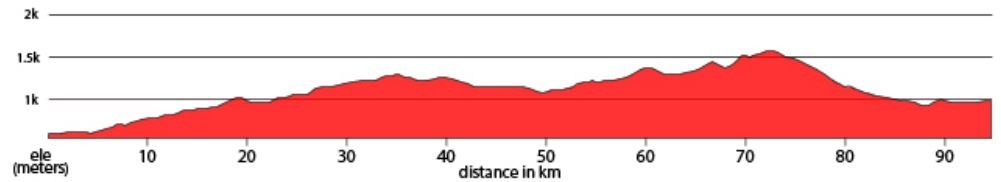
Day 4 Ouled Berhil to Tafraout

In the morning, we'll take a short transfer to the start of our ride in the Lesser Atlas, a true desert mountain range and an assemblage of orange, rocky peaks. More challenging than the previous days, today's ride includes over 2,000 meters of elevation gain, and begins with a 35 kilometer climb. A short descent takes us into undulating terrain through the rugged desert scenery, followed by a series of short, steep ascents before a thrilling downhill into the town of Tafraout. Famous for its landscape dotted with rocky outcroppings and granite formations, Tafraout is an oasis in the desert, and we'll overnight in a small hotel with great views of the town.



0 3

 Les Amandiers  Breakfast, Lunch, Dinner

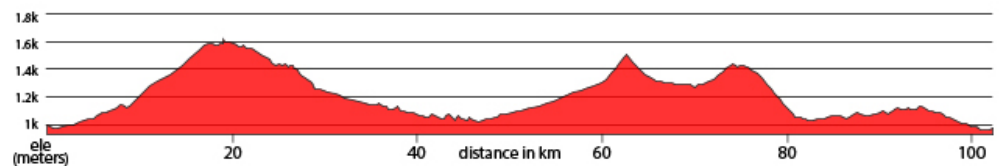


 Ride 95km  +1816m  -1414m

Day 5 Tafraout Loop

Today's ride is a loop, exploring the southern slopes of the Lesser Atlas around Tafraout. After a short warm-up to get the legs working, we'll tackle our first challenging climb of the day- a steep ascent with a false peak- before descending into a beautiful canyon surrounded by terraced hillside farms. From there, we'll attack another challenging ascent out of the valley, surrounded by fabulous views of rocky cliffs and valleys. Once at the top, we'll take in sweeping views of the area before a steep descent back to Tafraout, where we'll spend another night.

 Les Amandiers  Breakfast, Lunch, Dinner

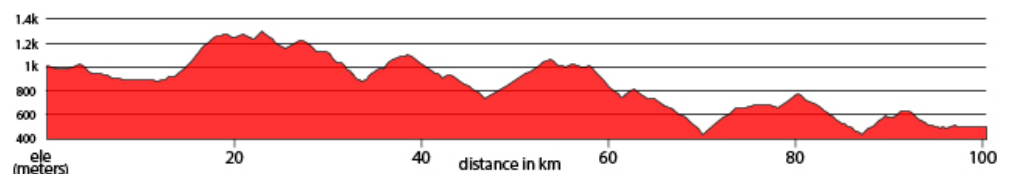


 Ride 102km  +1624m  -1637m

Day 6 Tafraout to Agadir

We'll bid farewell to Tafraout and cross the Lesser Atlas again, traversing Morocco's key almond farming region. The ride is a challenging one, with several major climbs, and nearly 2,000 meters of elevation gain in just under 100 kilometers! However, the support vehicle is always close at hand to top up your bidon or to take a rest in a empty seat, should you need one. On the way, we'll pass through Tanalt, an historic and culturally significant village in the region. Continuing down to the Souss Plain, we'll pack up the bikes and transfer in the van to the town of Agadir on the Atlantic Coast.

 Oasis Hotel & Spa  Breakfast, Lunch, Dinner



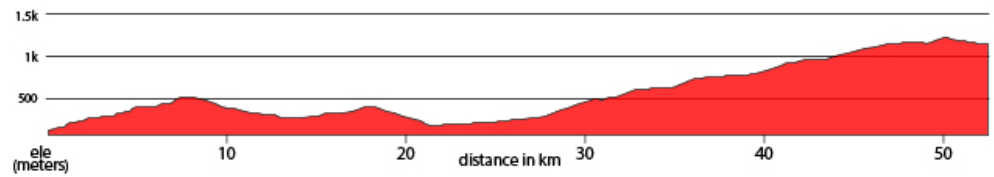
 Ride 100km  +1884m  -2391m

Day 7 Agadir to Imouzzer

The ride begins with a gentle climb out of Agadir and through a unique forest. The higher we climb, the more spectacular the views, which expand from the rocky valleys and hillsides out to the Atlantic Coast. After a second short climb and descent, we'll settle into our saddles for a long and gradual climb through "Paradise Valley," a lush oases-like gorge, lined with palms and the pools fed by underground aquaphers. After 55 kilometers, it's time to give our legs a rest. We'll

overnight in the village of Imouzzer, known for the nearby waterfall of the same name, in a cozy hotel in hills.

 Hotel les Cascades  Breakfast, Lunch, Dinner

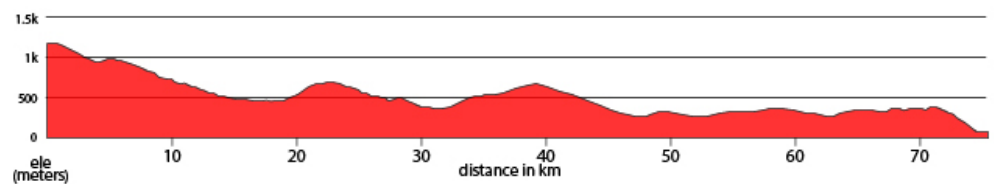


 Ride 52km  +1626m  -607m

Day 8 Imouzzer to Essouira

Our last cycling day is a cool down ride, as we bid farewell to the mountains and head towards the sea. But there are a few climbs in our path after a fast and fun descent that starts our ride. Our legs are strong now from the journey through the Atlas mountains, and we'll tackle the two short climbs with ease before lunchtime. After that is a smooth and undulating ride to the beachside town of Imesouane. Enjoy a picnic lunch on the beach, go for a swim, and congratulate yourself for a fantastic job well done on a week of Morocco's toughest terrain. After lunch, we'll pack up the bikes and transfer by bus to Essaouira, an authentic Moroccan city perfect for exploring in the afternoon. In the evening, rejoin the group to swap stories of the trip over a farewell dinner in our traditional Riad!

 Riad Zahra or Riad Nakhla Essaouira  Breakfast, Lunch, Dinner

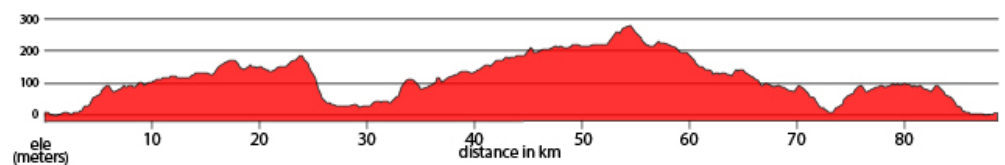


 Ride 75km  +1034m  -2161m

Day 9 Essaouira Coastal Loop

Our last day of cycling is a scenic loop ride out of the historic port city of Essaouira. We'll head north out of the city and into the rugged countryside that's defined our journey through the country. We'll have a few climbs along the ride, but they'll be gentle- for a change! We'll take in our last views of the Moroccan desert as we head back to Essaouira in time for lunch. Regroup in the evening for a farewell, Moroccan feast!

 Riad Zahra or Riad Nakhla Essaouira  Breakfast, Lunch, Dinner



 Ride 60km

Day 10 Essaouira to Marrakesh

After breakfast, we'll visit the historic port of Essaouira and its ancient walls, before a 3-hour transfer by car back to Marrakesh. The afternoon is free for you to explore the sights of Marrakech, relax at our charming riad, or do some souvenir shopping in the souks. Dinner is at your leisure, but our local team are happy to make suggestions and arrangements.



Riad Luzia & Spa or Riad Khabia



Breakfast, Lunch

Day 11 Departure

After breakfast, transfer to Marrakech International Airport for your return flight home or onward departure.



Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a road bike, in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Please make sure you have a passport valid for at least six months beyond your departure date from Morocco. Morocco has visa exemption agreements with many countries, including the United States, Canada, most European nations, United Kingdom, Australia, and New Zealand. For the full list, please see [here](#). If your nationality is on this list you do not need to prepare anything in advance and

you may stay in Morocco for up to 90 days. You may be asked for your return flight details so make sure you have that. If your nationality is not on the visa exempt list or you require a different kind of visa for any reason, please see [here](#) for more information.

Health

There are no compulsory vaccinations although it is strongly recommended that you are vaccinated against: Typhoid; Hepatitis A and B. Tetanus and polio vaccinations should also be up to date at the time of travel. Please speak to your doctor/physician for the most recent information.

Weather

Morocco has a sub-tropical climate with temperatures between 18C and 28C, although they can soar to 35C in the summer and fall to as low as 5C in the winter. However, the weather varies from region to region due to the country's geographical setting. Bordered by the Mediterranean Sea in the north and the Atlantic Ocean in the west, the country enjoys a moderate climate with a warm winter as a result of the sea breezes. On the other hand, its eastern and southern parts are very dry and hot all year round as they are surrounded by the scorching Sahara Desert, while the Atlas Mountains which snake from south to north and divide the country in half make the climate in the central more extreme with unforgiving heat in the summer and freezing temperature in the winter. Therefore, the best times to visit are from March to May and from September to November, when the weather is generally dry and warm.

Food

Meals are included in the itinerary as B = breakfast, L = lunch, and D = dinner. Most meals will be prepared by the cooking team on the support staff and feature Western-style cuisine with a sampling of Moroccan food. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer and alcohol are NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, say 20, a day for incidentals. Included entrance fees are those for the listed sites and national parks that are part of the itinerary. Any other site fees are not included.

Money

Morocco's currency is the Moroccan dirham (MAD), and although the dirham is officially the only accepted currency, some hotels and restaurants may also take EUR/ USD for payment. While exchange rates are generally the same at all banks and official exchanges, there are also "unofficial" places to get the dirham, but be sure to check the rate first to prevent an unfair deal. While ATMs can be found in major cities' chain hotels and modern shopping centres, make sure that the ATM accepts your cards (look for the Maestro, Cirrus or Plus logos). However, don't expect to see many banks in the souks or medians, and try to have as much small change as possible as well as putting large bills in separate pockets. In Morocco, credit cards are accepted by only a limited number of businesses, and those who do are likely to accept Visa or MasterCard with a surcharge for the transaction. Most important, before leaving Morocco don't forget to exchange the dirhams into major currencies as it will be worthless elsewhere, and it is also illegal to take more than 100 dirhams outside the kingdom.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

CONTACT US

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

 twitter.com/spiceroads
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