

# Morocco - Ride the Kasbah

Trip Code: JEMB

Version: JEMB Morocco - Ride the Kasbah



CYCLE



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Mountain biking to the Tazazart Pass, Draa Valley and Todra Gorge
- Morocco, one of the best winter-sun cycling destinations
- Journey across the Atlas Mountains to the amazing landscape of the Jebel Sahro
- 2 nights in Marrakech and the chance to visit the UNESCO listed Djemma el-Fna

## AT A GLANCE

- 5 days biking
- 310 kilometres
- 60% off-road
- 100% vehicle supported
- Max altitude - 2615 metres
- Join at Marrakech

## ACCOMMODATIONS & MEALS

- All meals included
- 7 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

This is a classic adventure cycling holiday in Morocco's arid Jebel Sahro region. With the snow-covered peaks of the High Atlas to the north and the Sahara to the south, the climate of the Jebel Sahro in southern Morocco is the perfect place for cycling outside the summer months. From the intoxicating city of Marrakech, we drive across the Atlas Mountains to Tinerhir and begin biking in the magnificent Todra Gorge, whose towering walls attract rock climbers from all over the world.

Following surfaced roads and then hard-pack jeep tracks, we find ourselves in a remote mountain area, with nomadic Berber shepherds and views of the Atlas peaks. Crossing the Tamtattouchte Pass (2615m), we drop down into the beautiful Dades Valley, the so-called 'Valley of the 1000 Kasbahs'. Our journey continues, largely on 'piste' (hard-pack and gravel) roads, through Boulmane Dades and passing close to the striking rock formation of Bab n'Ali (Ali's Gate) to N'Kob. A fantastic and newly-introduced dirt road ride then takes us directly across country to the oasis town of Zagora on the very edge of the Sahara. With its flexible itinerary and time to explore the souks and sounds of Marrakech, this great biking adventure is perfect for anyone looking to make a winter escape to Morocco and the pink and ochre coloured mountains of the Jebel Sahro!

## Is this holiday for you?

**ADVENTURE CYCLING.** The Jebel Sahro is a great place for an adventurous cycling holiday. Mountain bikes with front suspension work best on a mix of tarmac, hard-pack 'piste' roads and loose gravel tracks. Cross-country tyres suitable for dry conditions and offering reasonably low rolling resistance are recommended. The route is never technical, but there are enough climbs to offer a challenge, especially on the first couple of days, as well as some great, fast descents. We stay in comfortable hotels each night. This holiday is suitable for weekend mountain bikers with a reasonable level of fitness, who are comfortable on rocky jeep roads and forest road double-track. The ride distance on each of the 5 days of cycling averages out at 60 kilometres and after the first day (with around 1550 metres of ascent) the days become progressively easier. Four-wheel-drive vehicle support accompanies the group throughout. **EXCELLENT BIKE HIRE AVAILABLE LOCALLY.**

# Itinerary

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## DAY 1

**Meet at the group hotel in Marrakech. Transfers from Marrakech Airport are provided.**

Your holiday starts at the group hotel in Marrakech. Transfers from Marrakech Airport are provided. Depending on your flight arrival time and after settling in you may have the opportunity to do a little exploration. Marrakech is a friendly city and it is quite easy to get around. Most people head for the central square of the Djemma el-Fna close to the imposing tower of the Koutoubia Mosque. If you have brought your own bike, you should reassemble it today.

Meals: **D**



**Accommodation**  
Hotel

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## DAY 2

**Transfer over the spectacular High Atlas to the town of Tinehir on the north side of the Jebel Sahro.**

Those who have hired bikes will pick them up this morning. Then, after loading up the support vehicle, we will set off on the drive up into the High Atlas Mountains. The high point of the drive is at the Tizi n'Tichka (2260m) beyond which we make the long descent into the rain-shadow of the range. After 4 to 5 hours, we reach Ouarzazate, where we'll stop for lunch and then continue our journey for a couple of hours more to the oasis town of Tinerhir which is sandwiched between the Atlas to the north and the Jebel Sahro. Tinehir is the gateway to the spectacular Todra Gorge, a rocky cleft which is becoming something of a Mecca for rock climbers. Overnight at a simple hotel close to the entrance to the gorge.

Meals: **B L D**



**Accommodation**  
Hotel

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## DAY 3

## Cycle through the Todra Gorge, then on a jeep road to the Tamatattouchte Pass. Descend to Msemrir.

The starting point of this challenging first day of cycling is the magnificent Todra Gorge, which divides the High Atlas Mountains from the Jebel Sahro to the south. The first 20 kilometres of today's ride is on tarmac as we climb easily through the gorge and towards the High Atlas. The early morning sun illuminates the rock walls of the gorge, painting them a range of colours, from rose pink to deep ochre. As we proceed into the gorge, we gain superb vistas of distant snow-capped peaks and rolling foothills. Arriving at the village of Tamatattouchte we say goodbye to the tarmac and follow a good, hard-pack jeep track into a remote highland area. The route climbs steeply at first on an interesting rocky stairway, before levelling out in a high valley where nomadic Berber herdsman tend their vast flocks of goats. The final climb to the pass (2615m) is via a series of hairpins, set at a reasonable gradient and on an excellent surface. From the col, it's a long and at times rough and rocky descent to the village of Msemrir, where we pick up a short transfer to our hotel in the spectacular Gorge du Dades.

Meals: **B L D**

	<b>Accommodation</b> Hotel		<b>Ascent</b> 1550M		<b>Descent</b> 1020M		<b>Time</b> 6 - 7 hrs cycling		<b>Distance</b> 65KM
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### DAY 4

## Bike through the Gorge du Dades. Downhill ride to El Kelaa M'Gouna. Short drive to Boulmane Dades.

There will be many stops for photos this morning, as the first 20 kilometres of our ride follows the snaking, tarmac road through the spectacular Dades Gorge. The rock formations are astounding and there are some impressive kasbahs framed by almond and fig trees. Before leaving the road we can 'take five' on the terrace of a roadside cafe and admire the views ahead. An undulating jeep track winds through a stunning wilderness of red mountains and arid plains and after a further 16 kilometres we go back in time as we arrive at the fantastic village of Bou Thrar. Here, we will take our lunch on the rooftop terrace of an old riad and enjoy the views of neighbouring kasbahs and the surrounding, dramatic mountain scenery. It will be hard to tear ourselves away from this endearing village, but ahead of us looms the ascent to a pass at the head of the valley. Zigzagging out of the valley, we can look back to the towering, snow-covered, peak of Mgoun, Morocco's third highest mountain. At the pass itself there are exhilarating views in all directions. A final blast takes us across the extensive plains to El Kelaa M'Gouna. Here, we rendezvous with our support and have a short road transfer (approx. 30 minutes' drive) to Boulmane Dades and our hotel for the night.

Meals: **B L D**

	<b>Accommodation</b> Hotel		<b>Ascent</b> 1000M		<b>Descent</b> 1200M		<b>Time</b> 5 - 6 hrs cycling		<b>Distance</b> 60KM
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## DAY 5

## Cycle across the Jebel Sahro via the Tizi n'Tazazart (2270m). Descend within sight of Bab n'Ali to N'Kob.

A short transfer takes us towards the village of Tagdilt and the start of our day's ride on hard-pack jeep track. A rolling 20 kilometre ride sees us passing small villages and oases, as we ride into the starkly beautiful Jebel Sahro Range. From the village of Izemgane, we commence our passage over the Jebel Sahro on what must be one of the most beautiful ascents in the world. First a series of zigzags take us to a serene and restful plateau area, where we can admire mount Amalou n'Mansour which, at 2712 metres, is the highest mountain in the Jebel Sahro range. The ascent continues and culminates at the crest of the Tizi n'Tazazart (2270m) in a stunning area devoid of the human touch - this is wild, arid, isolated nomad country. Then, through a landscape of flat-topped mesas, deep gorges and twisted rock pinnacles, we have a long and winding descent which takes us close to the famous rock formations of Bab n'Ali. These famous twin rock towers are a major Jebel Sahro landmark. Beneath them is a welcoming auberge, which sells refreshing ice-cold drinks. This road across the Jebel Sahro is in the process of being improved and we will encounter sections which have been prepared for (eventual) tarmacing, as we ride more easily southwards, through a valley with almond trees and oases alongside. A final short climb brings us within range of the Draa Valley and our final destination for the night, N'Kob. There are fabulous views across the palmeries (palm groves) from the hotel terrace.

Meals: **B L D**



**Accommodation**  
Hotel



**Ascent**  
950M



**Descent**  
1550M



**Time**  
5 - 6 hrs cycling



**Distance**  
65KM

## DAY 6

## Ride southwards on a dirt road across the Tizi n'Taaimot and through some wild country to Zagora.

Cycling directly from our hotel in N'Kob, we cross the valley of the Oued Bou Iserfane and follow a jeep road into a rugged valley with steep sandstone escarpments on both sides of the road. The road makes one wide zig-zag and a couple of shorter, sharper ones and reaches a low pass known as the Tizi Aamoun (1200m) after around 8 kilometres. Beyond, we cycle through an interconnected series of sandy wadis which take us through some pretty spectacular landscape. We reach the valley of the Assif Ourti where there are a couple of scattered farms and some irrigated greenery. At this point a vast sandstone range sweeps around on our left-hand side as we begin a long and gradual descent across country towards Zagora. After a lunch stop at around 42 kilometres, we continue our ride towards the dunes of the Sahara with the feeling of being on an epic journey. We meet the Draa Valley about 10 kilometres from Zagora and the last part of the day's ride provides a much more colourful experience with lots of small villages set amongst extensive stands of date palms, olive and almond trees and citrus orchards. Arriving in Zagora on the edge of the Sahara, we will head for the world famous sign - Tombouctou 52 jours - for celebratory photos. Our hotel is in a quiet spot just out of town.

Meals: **B L D**



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	<b>Accommodation</b> Hotel		<b>Ascent</b> 450M		<b>Descent</b> 765M		<b>Time</b> 7 hrs cycling		<b>Distance</b> 80KM
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## DAY 7

### A short morning of cycling through the palmeries, then transfer to Marrakech.

Making a reasonably early start from our hotel, we will cycle through Zagora and set out to explore the palmeries alongside the Draa River. Our guide will take us on quiet dirt roads amongst the palm groves and well-tended vegetable plots, with the chance to visit lots of friendly Berber villages, where children will try to sell us dates. Back on the tarmac for the last half an hour or so, we will meet our support vehicle and have an early lunch, before loading up for the transfer back to Marrakech. The road leads through the Draa Valley and we will see some of the ancient watchtowers and kasbahs that are a feature of this part of Morocco. We can stop off to pay a quick visit to the fantastic kasbah at Tamnougalt before continuing our journey through Agdz and Ouarzazate and onwards across the Tizi n'Tichka. We will stop off for a final, celebratory dinner at a wayside restaurant and arrive back at our Marrakech hotel in the evening.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 300M		<b>Descent</b> 250M		<b>Time</b> 3 hrs cycling		<b>Distance</b> 40KM
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## DAY 8

### Your holiday ends after breakfast. Marrakech Airport transfers are provided.

Your holiday ends after breakfast. You should pack your bike away in readiness for the homeward flight. The remainder of the day is free to explore the streets, souks and colourful sights of Marrakech. A popular option is to simply sit and watch the world go by from one of the restaurants overlooking the Djemma el-Fna. Marrakech Airport transfers are provided.

Meals: **B**

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# Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## Essaouira Riad and Atlantic Coast

Friendly Essaouira provides a beautiful base for this colourful Atlantic Coast extension which offers a fantastic start or end to our holidays in Morocco. Described as the prettiest town in the country, the UNESCO port and medina are a riot of colour and activity. To ensure a relaxing time in Essaouira we take care of private return transfers and riad accommodation for 3 nights at the comfortable Riad Maison du Sud, situated within the ramparts of the medina and just a few minutes walk from the sea. Redecorated in Moorish style, it has a snug sitting room and sunny roof terrace with views of the Mellah and the Atlantic Ocean. Essaouira has plenty of things to so and do so we leave your days free for you to enjoy at leisure. This extension starts and ends in Marrakech.

4 days from

✕9,223,372,036,854,776,000 per person

# Holiday Information

## What's Included

- A locally based professional bike guide
- Marrakech Airport transfers on Day 1 and Day 8
- One or more support vehicles and drivers
- Hotel accommodation
- All meals
- Bottled water during the rides

## What's not Included

- Travel insurance
- Moroccan Visa (if applicable)
- Tips for our local bike guide and support crew
- Marrakech Airport transfers (other than on Day 1 and Day 8)
- Miscellaneous expenses - souvenirs and drinks etc.

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the hotel in Marrakech.

Transfers from/to Marrakech Airport are provided for all clients arriving on Day 1 and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals are included from dinner on Day 1 to breakfast on Day 8.



## Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

Breakfasts are continental style, with tea and coffee, orange juice, cereals as well as muesli, bread, jam, honey and cheese. A morning snack is also provided and this usually consists of Moroccan 'trail mix' of dried figs and dates, peanuts, sugar coated peanuts and other nuts. Lunch usually starts with the Berber speciality of mint tea, followed by a buffet of rice, pasta or cous cous, with a freshly prepared salad - onion, tomatoes, green peppers, grated carrot, green beans, with tinned sweetcorn or peas added. Hard and soft cheeses, tinned fish, olives, biscuits and bread are also on the lunchtime menu. Dinner starts off with soup and bread. The main course is usually rice, pasta, cous-cous, spaghetti or chips, with a vegetable stew (or tagine) consisting of some of the following - onion, potato, carrot, green pepper, zucchini, turnip, and parsnip. green beans, peas. There will be some meat (usually chicken, lamb or beef). Meat is not prominent in the menu. All dishes come with traditional sauces that are rarely (spicy) hot. Desserts usually consist of fruit, some fresh but more likely tinned, including pineapple, apricot, pears, peaches or mixed. Moroccan tinned fruit is excellent quality. To round off dinner, there is the usual range of hot drinks. During the day, the group will be provided with water and with snacks in the form of dried dates and mixed nuts, and possibly also bananas, but It's a good idea to bring along a few of your favourite energy bars from home.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

During this holiday the group will spend 2 nights in a city centre hotel in Marrakech. The accommodation for the rest of the trip is in comfortable Moroccan style hotels, on a twin-sharing basis. All rooms will usually have private facilities other than in Zagora. All the hotels are clean and very friendly, varying from good standard kasbahs to simpler establishments, although they are usually not heated. Many have outdoor swimming pools that you can use (weather permitting). If you are travelling by yourself, you will be paired up with another single client of the same sex. Single room occupancy can be pre-booked at supplementary cost. Additional hotel nights in Marrakech can also be arranged. For hotel prices and single supplement costs please refer to the Dates and Prices page of the trip on our website. Hotels are subject to availability and prices may vary.

## Group Leader & Support Staff

The trip will be led by an experienced, English-speaking local bike guide. There will also be one or more support vehicles and drivers.

## Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

## Spending Money

We suggest that £120 (or equivalent in US dollars, Euros etc.) will adequately cover your needs. You should allow £30 for drinks etc. and around £30 for local crew tips. If you are intending to buy more expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Some of the merchants in the Marrakech souks will be able to take credit cards and there are some fantastic souvenir opportunities to be had. However, don't expect to get a bargain without haggling for it. The unit of currency in Morocco is the Dirham. It is not normally possible (and it is certainly not necessary) to purchase Moroccan currency outside the country. Your travel money should be carried in the form of cash or travellers cheques. Sterling, euros and dollars are all readily exchanged. You can also draw cash from ATM's in Marrakech using credit or debit cards.

## Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and crew. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that is given. We recommend that you give a tip if you feel that the services you have received have been good. As a rough guide we suggest you allow a total of £30 for tipping your crew.

## Your Bike

If you are taking your own bike, we suggest that a 'hardtail' mountain bike with front suspension is appropriate for this holiday. It should have a good range of gears and we recommend you fit fast-rolling all-rounder or semi-slick tyres which work well on the surfaced roads and non-technical trails typically found on our **Adventure Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

## Bike Hire

Bike hire is available locally for this holiday through our long-established relationship with a very good bike hire company in Marrakech. The bikes we offer are Cannondale Scalpel CRB 4 (carbon frame) full suspension bikes. They have 29 inch wheels, 100mm Fox suspension front and rear and SRAM 1 x 12 gearing, together with Shimano hydraulic disc brakes. They are available in sizes S to XL. These bikes cost 270 euros (Sep 2023 - subject to change) for the duration of the trip. Payment will be made locally and does not cover you if you lose the bike or damage it beyond 'fair wear and tear'. You can pay in euros, GBP or US\$ or with a credit card (3% charge). When you pick up your bike, you will be required to post a security deposit (1000 euros) which will be held against your credit card details and returned when the bike is returned. If you want to hire a bike, please contact the KE office and we can reserve one on your behalf. We must stress that your hire contract will be with the local hire company and that KE cannot be held responsible for any issues arising from bike hire. If you do hire a bike, we recommend that you take your own shoes, pedals and possibly even your saddle, which will go a long way towards making it feel like your own bike. You will also need to take your own helmet, which must be worn at all times when riding. E-Bikes are not an option for this holiday.

## Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use either soft bike bag or a purpose-made bike box or case. Whether you are using a bag or a case, you will need to partially dismantle your bike to pack it. Please note that bike bags or boxes will be placed in secure storage and will not travel with us during the course of the trip.

Please contact us if you have any questions about travelling with your bike.

## Vehicle Support

Throughout this trip we have the back up of one or more 4-wheel-drive support vehicles. Each morning our main baggage will be loaded onto the support vehicle(s) which will follow the group on the day's ride. The local biking leader and the support vehicle driver(s) will watch over the group and will carry mobile phones, allowing you to contact them in the case of a breakdown or other incident. We want everyone to enjoy their cycling experience on this trip and we recognise the importance of group members being allowed to cycle at their own pace. So, although the group will become split up at times, we have regular stops to ensure that it's never long before we regroup. The support vehicle(s) can pick up any group members who wish to take a break from cycling at any time.

## Baggage Allowance

Apart from your bike in its bag or box (if you are taking your own bike), you should travel with one main item of luggage, such as a KE Trek Bag or similar holdall, as well as a small day pack or mountain bike-specific hydration pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling and will also carry your day-ride essentials during the rides.

Your baggage allowance on the flights will depend on your airline. When choosing your flights, whether booking them directly or through KE, you will need to consider the cost of carrying your bike. These costs are your responsibility.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### Visa Morocco

UK and USA passport holders do not require a visa for short stays.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

## Currency

The unit of currency in Morocco is the Moroccan Dirham.

## Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip, however, running, squash and swimming are also good for developing aerobic fitness and stamina.

## Climate

The region of the Jebel Sahro is extremely hot in the summer months. However, between November and April we can usually expect to find mostly pleasant temperatures for mountain biking. Daytime temperatures at low level will usually vary between 20 and 30 degrees Centigrade, falling away to as low as 5 degrees Centigrade at night. Crossing the higher passes, we can expect temperatures to be much lower than in the valleys. During the Christmas and February departures, it can be several degrees cooler than this and we recommend additional warm wear at this season. This part of the world receives very little rainfall and we can usually anticipate fine weather. However, weather in mountainous areas is notoriously difficult to predict, and rain or even short-lived storms can occur at any time of the year.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.



## Books

- Lonely Planet Guide - Morocco
- The Rough Guide to Morocco
- Atlas Biker. Nicholas Crane
- Lords of the Atlas. Gavin Maxwell

## Maps

### Carte Du Maroc. 1:100,000 Series

A good map series. Several sheets are needed to cover the route of this bike trip and are difficult to obtain outside of Morocco.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit.

## Bike Wear

- Cycling helmet
- Cycling shoes
- Daypack or mountain bike-specific hydration pack (e.g. Camelbak)
- Water bladder - min. 2 litres water capacity (we encourage re-filling rather than single use plastic)

- Padded (baggy) cycling shorts
- Long leg cycling trousers or leg warmers
- Base-layer – short sleeve cycling tops
- Mid-layer - long sleeved cycling tops
- Fleece jacket or jumper
- Lightweight windproof top
- Lightweight waterproof jacket
- Regular biking gloves
- Long-fingered biking gloves
- Warm hat that fits under your helmet
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

## Other Stuff

- Travel and off-the-bike clothing and footwear
- Lightweight, loose-fitting trousers to cover up on village visits
- Wash bag, towel, toiletries, including anti-bacterial handwash
- Headtorch and spare batteries
- Swimwear
- Basic First Aid kit and personal medication
- Chamois cream (e.g. Assos/Ozone)
- Water purification tablets
- Reusable cloth bag for shopping (to avoid plastic bags)

## Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use. If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

## Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

## Hydration and Energy Snacks

You should take suitable water bottle(s) (we encourage re-filling water bottles rather than single use plastic) or a hydration pack and you should also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Marrakech. Transfers from/to Marrakech Airport are provided for all clients arriving on Day 1 and departing on the last day of the Land Only itinerary.

# Why Choose KE

## Why KE

Jebel Sahro Experts We have been riding the gravel roads and village tracks of the Jebel Sahro for a decade. No-one knows it better and no other company is offering a largely off-road cycling holiday in this fascinating region of Morocco. What's more this is a holiday that offers Great Value For Money. It's fully inclusive of transfers, guiding, vehicle support, 7 nights hotels and all meals!

**Please Note** This document was downloaded on 19/05/2024 and the trip is subject to change