

# Mount Mgoun - Kingdom of the Berbers

Trip Code: MGO

Version:



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Trek through a remote High Atlas region and summit a beautiful 4000m peak
- Journey through the land of the Berbers and learn about their culture
- Camp on lush high pastures and meet nomadic mountain shepherds
- Stroll through the bustling medina and meandering souks of Marrakech

## AT A GLANCE

- 5 days trekking
- Max altitude 4068 metres
- Join at Marrakech

## ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

The magnificent Atlas Mountains of Morocco are home to the stunningly beautiful Ait Bougmez Valley and Mount Mgoun. Described as one of Morocco's best kept secrets, here you'll experience pristine nature and a remote mountain kingdom feeling. With strong historical and cultural links to the Amazigh (free people) or who we know as the Berbers, this region is perfect for a [trekking holiday to Morocco](#). Mount Mgoun is the valley's crowning glory and a superb peak for true adventurers who love going off the beaten track. Ancient caravan routes snake through the cultural heart of the Berbers and as you head to the summit of Mgoun (4071m), you'll discover a hidden pocket of Morocco where travellers are a rarity. Dramatic mountains are surrounded by fragrant orchards, lush pastures, alpine towns and sleepy hamlets. Days are spent trekking through pockets of solitude, whilst evenings are spent camping on beautiful high pastures used by nomadic shepherds. Alongside a wonderful trekking experience you'll learn about Berber culture in a region that was once part of a historical Berber kingdom. With views stretching from the mighty High Atlas to the stunning sands of the Sahara, the adventure ends surrounded by terraced fields and village gardens bordered by the famed Damask rose. This unique holiday opens your eyes to a wonderfully remote, cultural region and finishes in the exotic city of Marrakech.

A genuine small group experience - The Secret of Our Success on Mgoun and in Morocco

KE are proud to say that this holiday in Morocco is limited to a maximum group size of 12. This is our way of working towards leaving only our footprints on the trails, and a smaller group size guarantees a genuine small group adventure. We've been taking our clients walking, trekking and mountaineering for almost thirty years so we know the ingredients of a good guide and a successful group adventure. On this trek to Mount Mgoun, the mountain is neither particularly high nor technically demanding, but the experience and knowledge of our Moroccan leaders, teamed with a smaller group size, can make a big difference to your chance of success on summit day. Those who are new to trekking in remote regions will take particular comfort in the presence of our experienced Moroccan guides, who we believe are the best in the business.

## Is this holiday for you?

This excellent off the beaten track adventure follows well-established trails between valleys and villages and is perfect for anyone who wants to escape the more popular High Atlas trekking routes. Each day you only need to carry your day pack and as with all our Moroccan camping treks, you'll be fully

supported with an excellent team. A number of days include long ascents and descents plus up to 6 or 8 hours of trekking for several days continuously. However as this holiday doesn't spend any nights above 3000m, acclimatisation is very rarely an issue. On summit day and whilst heading up passes we'll encounter zig-zag trails, sections of scree and as you'd expect on any continuous mountain journey, rocky ground. This is a fantastic walking holiday which includes spectacular scenery in a region that sees very few visitors and has strong cultural links to the Berbers and nomads.

# Itinerary

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Version:

# Extensions

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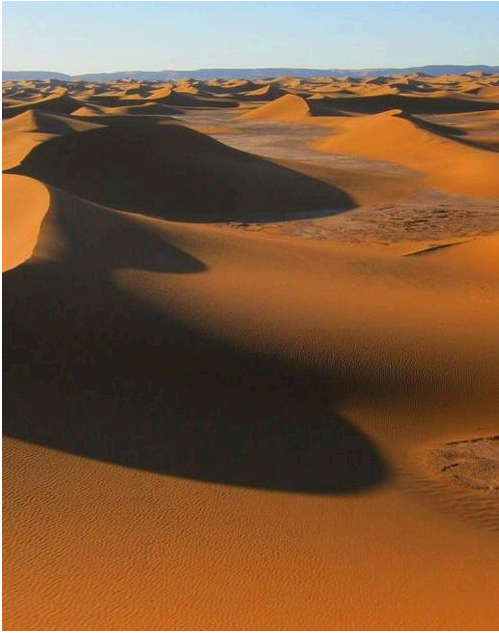
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## 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 do and so we leave your days free for you to enjoy at leisure. This extension starts and ends in Marrakech.

**4 days from**  
**US\$520** per person



## Into the Sahara Desert

For a real taste of the Sahara this adventure is hard to beat! After journeying across the Atlas Mountains we arrive in the oasis town of Agdz for a night in a traditional Moroccan house. Next we head to our comfortable fixed Berber camp at Erg Chegaga and take in a spectacular desert sunset before settling down under star-filled Saharan skies! In the morning we'll watch sunrise over the dunes before exploring this magical landscapes by 4WD. After a night in Ouarzazate, we make our way back to Marrakech via the magnificent UNESCO Kasbah of Ait Ben Haddou. (Please note this extension includes a local driver but not a KE leader. This gives you more freedom to explore at leisure pre/post KE group trip).

**4 days from**  
**US\$1,005** per person

# Holiday Information

## What's Included

- A professional and qualified tour leader
- Marrakech Airport transfers (on first and last day of itinerary)
- All land transport involved in the itinerary
- All accommodation as described
- All meals
- Full service on trek including food and all equipment (excluding personal equipment)

## What's not Included

- Travel insurance
- Visa fees
- Tips for local staff
- 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.

Airport transfers are provided for all clients to the group hotel.

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

### Meal Plan

All meals are included in the holiday price 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.

All food whilst on trek is purchased locally and cooked for us by our excellent trek cooks. KE groups are always surprised at what the cook team conjure up!

Breakfasts are continental style, with tea and coffee, muesli, bread, jam, honey and soft cheese. A morning snack is also provided and this usually consists of a type of Moroccan 'trail mix' with 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 couscous, 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, couscous, spaghetti or chips, with a vegetable stew (or tagine) consisting of some of the following - onion, potato, carrot, green pepper, zucchini, turnip, parsnip, green beans, and peas. There will be some meat (usually chicken, lamb or beef), however meat is not prominent in the menu. All dishes come with traditional sauces which are rarely (spicy) hot. To round off dinner, there is the usual range of hot drinks.

## Accommodation

During this holiday the group will spend two nights at a tourist hotel in Marrakech. While there are several more expensive hotels in Marrakech, we try to strike the right balance of a comfortable and conveniently located hotel whilst maintaining a really good value holiday.

In the mountains we have 1 nights at a gite in the village of Boutaghar. Here the accommodation is in small dormitory rooms (mattresses on the floor), usually shared by 4-6 people. The facilities are simple.

We have 4 nights camping. This camping is fully supported with all baggage being carried by mules, as well as tents and mess tent. You will have a team of staff to look after you including a cook. A mattresses is provided, although some people like to bring their own thermarest as well. You will need a sleeping bag. Sleeping bags are available to hire, please contact the KE office to arrange this.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single hotel rooms and/or single tents are available for a supplementary cost, except for the 1 night in the gite. If you are planning on extending your holiday additional nights at the group hotel or in a range of different hotels and Riad's in Marrakech are available on request.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. The group will also have the support of a full trek crew including cook, baggage animals (mules) and their handlers.

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should 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

Approximately £100 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these.

You cannot usually purchase Moroccan Dirhams outside the country. You can withdraw money in local currency from ATM's on arrival at the airport in arrivals or in Marrakech. You can choose to take your money in pounds sterling, dollars or euros, and you will be able to exchange it at the airport. Credit cards are useful and it is a good idea to carry one in case of emergency.



## Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and porters. They do not form part of their wages 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 was given.

This is your 'thank-you' to the crew and the final amount should be decided by the group. We estimate that approximately £45 per group member should provide an appropriate level of tips. However, for the leader, we leave the tipping amount totally at your own discretion.

## Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffle bag, and a daypack. Your main baggage whilst trekking will be carried by pack animals and the packed weight of it should be no more than 15kg. It is possible to leave clothes or other items not required on trek at the hotel in Marrakech. You may wish to take a foldaway bag for this purpose.

For international flights please check your baggage allowance with your airline.

## 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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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](#).

## Currency

The unit of currency in Morocco is the Moroccan Dirham.

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 3 to 8 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

## Climate

When we are on trek and in the mountains gaining height we can expect the daytime temperatures above 2500m to be around 20 to 25°C, a pleasant temperature for walking. At night, the temperatures, even at our highest camps, will not fall below freezing. We can expect the hottest temperatures in the height of the summer in Marrakech to reach 40°C, dropping to a pleasant 25°C at night. The weather is usually fine at the time of our scheduled departures. 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 and you must be prepared for extremes of climate.

## 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 before 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 directly 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.

## 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

The following checklist should help you with your packing. As a general rule, you should always try to

keep the weight of your equipment to a minimum.

### **You should bring the following items:**

- Hiking boots
- Trainers or sandals for camp / gites
- Socks & underwear
- Trekking trousers / shorts (please respect local culture and don't wear in villages and town)
- Lightweight waterproof over-trousers
- Thermal baselayers
- T-shirts / tops / shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sunhat / Warm hat
- Sunglasses
- Lightweight thermal or fleece gloves
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection (including lip sun screen)
- Water bottles 1 Litre (x2) - hydration system is useful e.g. camelbak or platypus (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sleeping bag (comfort rated -5°C)\*
- Small padlock (to lock your kit bag)
- Antibacterial handwash
- Washbag and toiletries
- Toilet roll
- Small trek towel
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

### **The following items are optional:**

- Sleeping bag liner
- Thermarest (a foam mattresses is provided)
- Trekking poles (recommended)
- Camera
- Travel clothes (can be left in Marrakech in a foldaway bag)
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit (needle, thread, duct tape etc)
- Reusable cloth bag for shopping (to avoid plastic bags)

### **Equipment hire:**

\*Available for hire/rental through KE Adventure Travel

### **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 a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## 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 and transfers are provided from Marrakech Airport.

# Why Choose KE

## Why KE

Mgoun is known as the most beautiful peak in the High Atlas Mountains. This exclusive to KE Holiday runs only limited departures for adventurous walkers looking for a remote and truly off the beaten track mountain journey. The trail to the summit takes you via the most spectacular ridge walk in the High Atlas Mountains. Join a maximum group size of 12 as you head off for some nomadic encounters. When travelling to the area of Mgoun Lonely Planet Magazine travelled with KE - the Moroccan specialists.

**Please Note** This document was downloaded on 23/11/2024 and the trip is subject to change