# Road Cycle Morocco - Atlas to Desert

Trip Code: MSMB

Version:

| CYCLE | GUIDED GROUP | MODERATE |
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| | | 6 |



## HIGHLIGHTS

- Spring and autumn road cycling tour in sunny Morocco
- Bike the Tizi n`Tichka and Tizi n`Tazazert, the highest roads in Morocco
- Exploring the vibrant souks of magical Marrakech
- The Ounila Valley and the iconic kasbah of Ait Benhaddou
- Cycle across the Jebel Sahro from the Dades Valley to the Draa Valley

### AT A GLANCE

- 7 days biking
- 650 kilometres
- 100% road
- 100% vehicle supported
- Max. altitude 2300 metres
- Join at Marrakech

### ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

Early and late in the year, Morocco is the perfect destination for a road cycling holiday, with predictably good weather and lots of low-cost flight options into Marrakech. South of this magical, 'Arabian Nights' city, this classic cycling holiday follows generally good tarmac roads, biking across the Atlas Mountains at the Tizi n'Tichka (2260m) and then crossing the Jebel Sahro ranges by way of the Valley of the Roses, the Dades Gorge, the Tizi n'Tazazert (2300m) and the rugged pre-Saharan region of Tadrart. From the desert frontier at the oasis town of Zagora, we then return to Marrakech via the palm plantations and kasbahs of the Draa Valley and the old caravan-route towns of Agdz and Ouarzazate.

Staying in simple hotels and gites throughout our circuit, we will be accompanied by an experienced local cycling guide and one or more support vehicles. The whole range of Moroccan experiences awaits us - the colourful street vendors and Berber acrobats of Marrakech's central Djema el-Fna square, the exquisite flavours of the local cuisine, spectacular views of the rugged Atlas peaks and the stunning landscape of kasbahs and palm trees in the Ounila and Draa valleys, as we cycle southwards through the Jebel Sahro region to the edge of the Sahara. Covering 650 kilometres in seven days of cycling and involving some superb days of climbing and descending on sinuous mountain roads, this is a brilliant long distance cycling holiday.

View our full range of adventure holidays in Morocco.

## Is this holiday for you?

ROAD CYCLING. If you are looking for a road cycling holiday with a difference, early or late in the season and in a part of the world that see few road cyclists, this is one to consider. We ride a mix of main and minor roads, with only short sections seeing any weight of traffic. Mostly well-surfaced, there are also some sections of road that are more broken where care is needed. This is a trip for regular weekend road cyclists who will enjoy the challenge of biking on some of North Africa's finest mountain roads. We have chosen to run the trip either side of the hot summer period, when the temperatures should be ideal for the ride - warm, but not too warm. This is totally supported riding - at the start of the day, when the group sets off biking, your baggage will be loaded into the support vehicle and transported to the next overnight halt. Apart from a fixed rendezvous for lunch and regular water stops, you are free to cycle at your own pace, with the support vehicle never far away. This holiday has 7 days of fairly continuous riding, with a daily average of around 95 kilometres and 950 metres of ascent and descent

and just 2 short vehicle transfers. Accommodation is in a mix of simple hotels, with 1 night in a basic but charming gite. Stunning scenery, atmospheric overnight accommodation and a magnificent point-to-point route make this an unforgettable experience. EXCELLENT BIKE HIRE AVAILABLE LOCALLY.

# Itinerary

Version:

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

**4 days from**
US$655 per person

# Holiday Information

## What's Included

- A locally based professional cycling guide
- Marrakech Airport transfers on Day 1 and Day 9 of the itinerary
- One or more support vehicles and drivers
- All accommodation as detailed in the trip dossier
- All meals
- Drinking water during the rides

## What's not Included

- Travel insurance
- Moroccan Visas (if applicable)
- Marrakech Airport transfers other than on Day 1 and Day 9
- Tips for the guide and local support crew
- Historical monument entrance and guide fees
- Miscellaneous expenses - drinks and souvenirs etc
- Bike Carriage on the flights - please check with your carrier for charges

## Joining Arrangements & Transfers

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 included from dinner on Day 1 to breakfast on Day 9.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

## Food & Water

### Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Breakfasts at the hotels and gites that we use are 'continental' in style, with tea and coffee, orange juice, porridge and cereals as well as bread, eggs, fruit, jam, honey and cheese. At lunchtime, we will almost always stop at a wayside cafe and the meals that we are presented with will include local staples such as tagine (slow cooked stew of vegetables or meat) or cous-cous (again there are vegetarian and meat varieties). Additionally, there will always be bread, fresh salad and usually fruit for desert. On approximately alternate days, we will have lunches made up of picnic materials carried in our support vehicle. These will include bread, a choice of salads, pasta, potato salad, tinned fish, boiled eggs and again fruit for desert. The Berber speciality of mint tea will also be provided at lunch time and you can usually buy coca cola or alternative soft drinks. Evening meals are usually taken at the hotel and may be buffet style, with a choice of food. Or, there may be vegetarian and meat options of that favourite Moroccan dish, the tagine. Desserts usually consist of fruit, some fresh but also 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.

## Accommodation

During this trip the group will spend 2 nights in a hotel in Marrakech, 1 night in Ait Benhaddou, 2 nights in Boumalne Dades, I night in N'Kob, 1 night in Zagora and 1 night in Agdz. Outside of Marrakech, we stay at the best available accommodation and it can be quite basic. Accommodation is provided on a twin-share basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Depending on availability, it is usually possible to pre-book single room occupancy for all nights.

## 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

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

## 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

We recommend that your bike is fitted with suitably low gearing and suggest that you fit reasonably high volume tyres (28mm for instance) which will provide a bit more comfort on the variable road surfaces typically found on our **Road 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

We have a long-established relationship with a bike hire company in Marrakech who can provide the following road bikes. All prices subject to change.

1). 2018 model, alloy-framed Cannondale Synapse SE Disc in a full range of sizes at a hire cost of 140 euros. These bikes have Shimano 105 gearing with 32/48 chainsets and 11-32, 11-speed cassettes. They have cable operated disc brakes and carbon forks. Security deposit - 400 euros.

2). 2018 model carbon framed Cannondale Super Six Evo and Cannondale Synapse at a hire cost of 140 euros. These bikes have Shimano Ultegra or Shimano 105 components. They have compact 50/34 chainsets and 11/32, 11-speed cassettes and rim brakes. There is a limited range of sizes and we will check availability for you if and when you request bike hire. Security deposit - 600 euros.

3). 2023 model carbon framed Cannondale Synapse 3 at a hire cost of 180 euros. These bikes have Shimano 105 components. They have compact 50/34 chainsets and 11/34, 11-speed cassettes and hydraulic disc brakes. Security deposit - 1000 euros.

4). 2019 model Cannondale Synapse Neo 2 - e-Bike. Limited number in sizes M and L at a hire cost of 200 euros. These bikes have Shimano 105 components. They have compact 50/34 chainsets and 11/34, 11-speed cassettes and hydraulic disc brakes. They have a Bosch 250W motor and a 500Wh battery. Security deposit - 1000 euros.

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 - see above - which will be held against your credit card details and returned to you when the bike is returned. Your hire contract is with the local bike hire company and KE cannot be held responsible for any issues arising from bike hire. The hire bikes are provided in good condition and a supply of spares for these bikes 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 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.

## 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 support vehicles. Each morning our main baggage will be loaded onto the support vehicle which will follow the group on the day's ride. The biking leader and the support vehicle driver 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. On most of our road biking trips it is usual that there can be a fair distance between the front and rear cyclists in the group and there may be times when other group members, vehicle support and biking leader are out of sight. Our regular water stops will allow the group to reassemble and the support vehicle will 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, and a small day pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling, but will also be useful to separate out items you might want to pick up from the support vehicle during the rides, like additional clothing.

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 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

## 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.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

**Visa Morocco**

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

## 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 and swimming are also good for developing aerobic fitness and stamina.

## Climate

It is hot in Marrakech in the summer months. But, by running this bike trip in the period between October and April, we aim to avoid the scorching summer days. We can expect daytime temperatures throughout the ride to be between 25 and 30 degrees Centigrade. The temperature will be lower than this at the highest passes on our route and night time temperatures will be around 15 to 20 degrees Centigrade. The weather is usually stable during the period of the year that we run this holiday. 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. Visit the World Meteorological Organization's website at worldweather.org for climate statistics for Marrakech.

## 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 and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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.

## Books

- Lonely Planet Guide - Morocco
- The Rough Guide to 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.

## Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

# 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
- Waterproof overshoes
- Padded cycling shorts
- Long leg cycling trousers or leg warmers
- Lycra arm warmers
- Base-layer - short sleeve cycling tops
- Long sleeved cycling top
- Lightweight windproof gilet
- 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 trousers and shirt to cover up when visiting villages en route
- Wash bag, towel, toiletries
- Swimwear
- Basic First Aid kit and personal medication
- Chamois Cream (e.g. Assos or 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 2 standard water bottles (we encourage re-filling water bottles rather than single use plastic) and 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.

### 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

Unique to KE!We are the only company to offer this superb road cycling itinerary, which shows off the best of Morocco's spectacular landscape and cultural variety. It's a classic trip and tremendously good value, too.

**Please Note** This document was downloaded on 12/11/2026 and the trip is subject to change