

Berber Trails



Duration: 5 days

A swathe of green pastures in the reddish rocky foothills of the High Atlas Mountains, Ait Bougmez is the longest valley in Morocco and strikingly beautiful. Nicknamed the Happy Valley for good reason, its mud-brick villages and patchwork of cultivated barley fields are surrounded by soaring peaks. Streams tumbling down from the high massif sustain the crops and fruit trees – a rare sight in these barren landscapes.

This secluded region is only just starting to become known to trekkers; we explore the valleys and mountain ridges on old mule paths used by farmers and nomads herding goats and sheep. It's varied, hilly, rewarding trekking with little flat but plenty to fascinate and motivate us on the way. We stay in traditional Berber villages each night, allowing us to discover the charming culture and friendly hospitality of the Berbers, and finish in colourful Marrakech for wonderful cultural contrast!

DETAILED ITINERARY

Day 1: Fly London to Marrakech – Ikhf N'Ighir

On arrival we transfer out of Marrakech, headed for the mountains, to our base in the village of Ikhf N'Ighir, lying at 1850m at the entrance of the Aït Hkim valley. Here we will have a detailed trip briefing before a good night's rest. Night village house.

Drive approx. 4 hours

Day 2: Ikhf N'Ighir – Rbat – Aït Imi – Ikhf N'Ighir

After breakfast, we begin our trek following a path to Aït Oingdal, headed uphill, where a fantastic view of the lush, green valleys and surrounding mountain chains await us. From here, we descend further into the valley via a

different trail to the scenic village of Rbat. After a picnic lunch stop near a small village, we head uphill once again to the larger village of Aït Imi, where we are usually welcomed into a local home for a thirst-quenching cup of tea! A short walk takes us into Tabant, the main village within the valley. Berbers of the region come to the weekly souk held here on Sundays, to buy and sell a variety of their wares, from food to livestock. Even on other days of the week, it's a busy place and a good hub for exchanging the latest local news. From Tabant we return to Ikhf N'Ighir for the night. Night village house.

Trek approx. 6-7 hours

Day 3: Ikhf N'Ighir – Ahbak – Ikhf N'Ighir

We begin the day by heading up the narrow valley of Anssous, where we're rewarded for our efforts with yet another panoramic view. From here we join part of an old mule path connecting the Bougmez and Abbas valleys, passing through picturesque mud-brick villages shadowed by large walnut trees. Green cultivated fields contrast with the browns and reds of the rocky mountain slopes around us, and every rise brings new views. It's a real privilege to see the local way of life along the way, and one of the highlights of our trek. After ascending to the highest point of our trek (2200m), we enjoy fabulous views into the Ahbak valley before walking back downhill for our last night in Ikhf N'Ighir. Night village house.

Trek approx. 4-5 hours

Day 4: Ikhf N'Ighir – Sidi Moussa – Agouti – Marrakech

After a good breakfast, we wave goodbye to our hospitable hosts. Our route this morning follows trails through lush, fertile fields of alfalfa and apple trees. We soon reach the village of Aguerd n'Ouzrou, where the faint footprints of an Atlasaurus can be seen in the rocks behind La Kasbah du M'Goun, reminding us that dinosaurs roamed this region millions of years ago! From here, we follow a track up to the fortified hilltop granary and shrine of Sidi Moussa (2000m), where local villagers come to pay their respects. The panoramic views across the entire valley from here are spectacular! Heading down into the village of Agouti, the westernmost settlement in the valley, we stop for a picnic lunch and meet our vehicles. Leaving the Happy Valley satisfied with our achievements, we drive back to Marrakech. Here, we can enjoy an evening walk through Jma El Fnaa, the main square – one of the best times to experience the atmosphere. We celebrate our achievements with a great Moroccan feast in a nearby restaurant. Night hotel.

Trek approx. 4-5 hours; drive approx. 4 hours

Day 5: Fly Marrakech to London

Transfer to the airport for our flight back to London.

(Lunch not included)

WHAT'S INCLUDED

- All transport from London to Marrakech return

- All accommodation, and meals except where specified
- Discover Adventure leaders; doctor with group of 15 or more participants; local guides and support team
- Vehicle support and back-up equipment
- Entry to any sites visited as part of the itinerary
- Airline taxes

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Inbound airport departure tax (no tax applied at the time of writing)
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

GRADE | YELLOW

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

BUY YOUR KITBAG

Only £45 (inc p&p) - designed to deal with the rigours of your challenge.

Easier for accessing gear than a rucksack (especially when camping) this is probably the most cost-effective way to take your luggage on a Discover Adventure challenge!



logo aito



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 3 Jul 2025, and the challenge is subject to change.