

Cycle Morocco



ACTIVITY

Cycle

ACCOMMODATION

Hotel

CHALLENGE FACTORS

Terrain

DURATION:

9 days

GRADE



From the spectacular High Atlas Mountains to the fringes of the Sahara, this captivating road cycling adventure circles Morocco's highest peak, Mount Toubkal. With a mix of challenging mountain passes, sweeping descents, and undulating valley roads on beautifully-smooth tarmac, our route is packed with diverse cycling and breath-taking scenery.

Highlights include the famous kasbah of Ait Benhaddou, the beautiful Draa Valley with its palm oases and traditional Berber towns, and the ascent of Tizi n'Test – a demanding last day of our challenge! The views from the pass (2092m) over the surrounding mountains, and the southern slopes we've been exploring, is a fantastic reward for our efforts.

This trip generates around **320 kg of CO₂ per person**. Because of our commitment to responsible travel, **we offset 100% of these emissions**, including flights booked with us.

DETAILED ITINERARY

Day 1: Fly London to Marrakech

On arrival we transfer the short distance to our hotel, then have a trip briefing before a good night's rest! Night hotel.

(Dinner dependent on flight arrival time)

Day 2: Marrakech – Tizi'n Tichka Pass – Ouarzazate

We start early and head south into the High Atlas Mountains. The two-hour drive takes us out of the bustling city to

the top of the spectacular Tizi'n Tichka pass (2260m). The magnificent views from this vantage point, over the surrounding High Atlas and towards the Sahara, should whet our appetites for the days to come! We unload the bikes, and begin our ride with a smooth, exhilarating descent of the southern slopes of the High Atlas. We pass through the little village of Telouet, and continue through the spectacular Asif Ounila valley, dotted with traditional Berber villages and palm oases, towards the impressive and well-preserved kasbah of Ait Benhaddou, used in the filming of the movie *Gladiator*. It's predominantly descent or spinning on easy terrain to the city of Ouarzazate, on the edge of the Sahara. Night hotel.

Cycle approx. 90km

Day 3: Ouarzazate – Agdz

Leaving the desert city behind, we ride south, enjoying views of the Jebel Sarhro, a picturesque range of low mountains. The scenery is already very different to yesterday's jagged mountains, with more barren, dry desert landscapes. Our terrain is hillier today, and we have numerous short climbs, but our surroundings are captivating and the miles tick by quickly as we pass numerous small villages before reaching the small town of Agdz, gateway to the Draa Valley. Night hotel.

Cycle approx. 70km

Day 4: Agdz – Zagora via Draa Valley

One of the highlights of this region south of the High Atlas, the Draa Valley is lined with palmeries, mudbrick villages and kasbahs. The River Draa is Morocco's longest river, and is responsible for the groves of date-palms and small oases that stand out, startlingly green, amidst the barren but beautiful reds and browns of this desert fringe. A wonderful, predominantly flat ride, we can take our time to soak up this captivating scenery, perhaps stopping at one of the small villages for a mint tea or cold drink. Zagora is the largest town in this area and known as the Gateway to the Sahara; the town's most famous landmark is its '52 days to Timbuctou' sign, marking its position on the historic caravan trails. Night hotel.

Cycle approx. 95km

Day 5: Zagora – Tazenakht – Taliouine

After an early breakfast, we transfer back to Agdz, and head west, along a beautifully-smooth new tarmac road through landscapes dominated by red sandstone mountains, with the higher peaks of the High Atlas, including the mighty Mount Toubkal, to the north. More palm-groves add splashes of greenery, and we pass through a few remote villages, truly off-the-beaten-track. The terrain is rolling, with more notable climbs towards the end, and we enjoy a lovely descent into the small town of Tazenakht. Here we load up the vehicles, and enjoy a scenic transfer to Taliouine, on the edge of the stunning Jebel Sirwa mountains. Night hotel.

Cycle approx. 90km; drive 2-3 hours (total)

Day 6: Taliouine – Aoulouz – Ouled Berhil A cruising start today, as we continue west and descend from Taliouine, emerging from the mountain slopes into a fertile plain dotted with orchards and fields growing a

variety of fruit, vegetables and crops such as sugar and cotton. This area is very untouristed, so enjoy the authentic glimpses into local life as we pass by. Taliouine and Aoulouz are best known for their saffron-growing and is harvested by hand; look out for this 'red gold' in the local souks. There isn't much climbing today, so enjoy the scenery and save your legs for tomorrow! Night hotel.

Cycle approx. 75km

Day 7: Aoulouz – Tizi n'Test – Marrakech

Our last day of cycling sees us turning north to complete the 'loop' we've made around the highest peaks. We head into back into the High Atlas, over the long, twisting climb to the Tizi n'Test pass (2092m). This pass cuts through the heart of the Atlas and has been an important trading route for centuries, linking Marrakesh with the Souss plain and the desert. Expect the climb to be hot, barren, and dusty – and the road surface is rougher in places to the smooth tarmac we've been used to. But this is our biggest challenge of the week, and the spectacular views from the top are worth the grind! After time to soak up the unmatched panoramas, we head downhill, on a descent that continues for miles. Before the roads get busier, we meet up with the awaiting vehicles, load up the bikes, and transfer back to Marrakech. Night hotel.

Cycle approx. 110km; transfer approx. 2 hours

(Dinner not included)

Day 8: Free Day Marrakech

We have the day free to explore the amazing sights of the Jma El Fnaa, the main square, and shop for souvenirs and Moroccan crafts in the bustling souks for which Marrakech is renowned. We meet again in the evening for a slap-up dinner to celebrate our achievements. Night hotel.

(Lunch not included)

Day 9: 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 known airline taxes
- Transport and transfers as part of itinerary
- All accommodation in hotels (twinshare) and guesthouses
- All meals except where specified
- Bicycle (mountain bike with semi-slick tyres; contact us if you would like more detail, or to enquire about upgrading to a road frame or e-bike)
- Discover Adventure crew (number dependent on group size)

- Local guide, support crew, full vehicle support and back-up equipment
- Entry to sites included in the itinerary
- **We offset 100% of the carbon emissions from your trip, including flights booked with us**

WHAT'S EXCLUDED

- Travel insurance
- Any meals specified 'not included' in the itinerary
- Cycle helmet (compulsory) and water bottles
- Personal spending money, souvenirs, drinks, and tips for local guides/support crew
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

GRADE | ORANGE

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 **ORANGE** 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](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries may be less than you would spend on an average night out.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with appropriate communication devices (eg phones, radios), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

We stay in a variety of hotels/lodges ranging from quite simple, friendly guesthouse-style to more international-style hotels in larger towns or cities. Standards are generally good, in great locations, but there may be a night or two where facilities are more basic, as you'd expect in very remote, untouristed or rural areas.

Roomshare Arrangements

Our trips are sold on a shared accommodation basis, usually twin-share. Occasionally we may use hostel-style accommodation.

You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request. It is important that both people complete the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.

If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

Single Supplements

In most standard hotels, we can usually offer a limited number of single rooms. This is upon request, on a first-come, first-served basis, and additional charges apply. In more communal accommodation, single rooms are rarely an option. We do not charge a single supplement if you are a solo traveller in a shared room.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the

evening.

PREPARING FOR THE CHALLENGE

Challenge Grading

GRADE | ORANGE

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 **ORANGE** 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](#)

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Terrain

Cycling is on good, smooth, tarmac roads, which generally see little traffic. The terrain varies between rolling flat, climbs - some steep, some long and gradual - and fantastic descents. Distances are not particularly long, but feel harder than

you might expect especially if it's windy, dusty or particularly hot.

Electric Bikes

On this particular challenge it is possible to upgrade to an electric bike, at additional cost.

In the last few years e-bikes have become increasingly popular. At Discover Adventure we see them as a great tool for inclusivity, and a great enabler for people to get out cycling – at home and on our trips – especially when continuing riding (or starting again) in older age or through health problems.

With charity challenges being at the heart of our business, we know that e-bikes are being used by beneficiaries of various charities to aid recovery, and that they enable participation in events raising funds for those charities.

E-bikes must, however, be used with caution on a multi-day, high-mileage trip and are in no way a substitute for training. Please talk to us well in advance if you are interested in using an e-bike on this challenge, so we can ensure you are aware of the pros and cons. There are a limited number available in-country, and we need plenty of advance notice (two to three months in many destinations) to be able to reserve one for the ride.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check the [NaTHNaC Travel Health Pro](#) website for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).

CHALLENGE EXTENSIONS



DISCOVER MARRAKECH (FROM MARRAKECH)

Stay in a beautiful historic riad, an ornately-decorated traditional Moroccan house set around a courtyard garden, in vibrant Marrakech. A haven of calm amidst the old city, your riad offers a perfect place to relax and soak up the sunshine from its rooftop terrace, while only being a stone's throw from the bustle of the souks.

The souks are crammed with fascinating sights, and you can haggle for everything from leather goods and shoes to spices and argan oil. Soak up the buzz in the Jma el Fnaa, Marrakech's huge main square, with its food-stalls, musicians, street-performers and snake-charmers, or just sit back in one of the many cafes and enjoy the cultural flavour. A guided city tour is included to get you started – then explore and shop to your heart's content!

This extension does not have an organised itinerary. You are free to spend your time as you wish.

Contact the office for pricing and availability.



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 8 May 2026, and the challenge is subject to change.