

KASBAH TAMADOT ACTIVITIES

Asounfou – Kasbah Tamadot's Spa - Why not indulge in one of our fabulous treatments, or experience a deep clean in our Hammam? The Spa incorporates three treatment rooms, a Hammam and a sauna located off our large indoor pool. In addition we have a treatment area perched out on the edge of the hillside with spectacular views up and down the valley.

Gymnasium - Just next to the outdoor pool is our air-conditioned gymnasium with all the latest equipment, as well as panoramic views over the valley and mountains.

Tennis - We have two tennis courts with complimentary racquets and balls available for your use. It is hard to think of another place where you can enjoy tennis with such stunning views!

Reading, Writing, Watching, Listening - Our library has a large selection of books to borrow and plenty of places to sit and enjoy them. There is also a large flat screen TV with DVD player should you fancy watching a film or just keeping up with the latest news from home. In winter we light the fire so it is nice and snug!

Should you wish to have a TV of your own put into your bedroom please ask, and for music lovers you will find Bose stereos in every room as standard (Ipod lead supplied). If you have left your CDs at home there is a selection of CDs as well as DVDs in the library that you are welcome to borrow.

Eating and Drinking - Kanoun is our restaurant and bar with a beautiful terrace, a cosy lounge area in front of a fire and access to our stunning roof terrace.

Internet - Wireless is available in a number of locations through the hotel and two computers are available for use in the business area of reception.

FURTHER AFIELD

Trips to Marrakech - We can arrange for a private car to take you to and from Marrakech at a cost of MAD 880 each way with a journey time of about one hour. It is also easy to arrange for an English-speaking guide to accompany you around Marrakech. The cost for a guide is MAD 400 for a ½ day, and MAD 600 for a full day. All Kasbah Tamadot drivers speak English and will be happy to give you some tips on where to go and to point you in the right direction if you decide to go it alone.

Personal Shopping in Marrakech - Whether you're after a gift, or just eager to get away from the touristy stalls of the Souks, Laetitia, a personal shopper, can be your guide in the labyrinth of the Medina. If you would like to find out more about the new designers based in Marrakech, sometimes located in hard-to-find showrooms, Laetitia can book appointments for you and take you to discover the latest in Moroccan creations and designs.

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SIR RICHARD BRANSON'S MOROCCAN RETREAT

As a fashion designer she also has a thorough knowledge of trends, colours, materials and details, as well as the origins of many of these. Laetitia can organise "Fashion Inspiration Trips", where she will take you around the city and assist you in your research.

Rates based on 2 people:

A full day: €250

Half a day: €170

Appointments on request

HIGH ATLAS TREKS

The walking in this region is fantastic and we here we have listed some of the most scenic and spectacular.

Local short walks – there are some fabulous walks from the Kasbah which can be tailor-made to suit your needs. Whether you would like to venture down to the river, walk through the village of Asni or go into the hills behind the Kasbah we can suggest something which is as long or as short as you like. Due to the lack of a good map of the area we do recommend a guide for all of our walks, which can be booked either before your arrival or once you are at Kasbah Tamadot.

Anfa Trek - Your trekking guide will meet you at Kasbah Tamadot. The trek is a gradual climb through a forest of junipers and oaks to the peak of Asloun (1750m) for panoramic views of the Atlas Mountains and the Asni valley. The trek continues to the pass of Tamgounssi (1500m) and then you walk downhill to the village of Asni for some mint tea with local Berbers before heading back to the hotel.

Grading: Easy (approx. 3 hours)

Cost: From MAD 150 per person based on a minimum of 2 people

Includes: An experienced English-speaking mountain guide.

Tarabzeg Plateau Trek - Your trekking guide will meet you at Kasbah Tamadot. You begin walking south before climbing through juniper and oak forests to the Marrigha Pass (1550m) where you can enjoy panoramic views of the Ouirgane Valley, which is located at the foot of the national park. From here the path slowly leads you downhill to the Tarabzeg Plateau near the village of Tinzert (1350m). After a picnic lunch you will continue on mostly level ground until climbing a small 100m hill to the Berber village of Tagadirt (1300m). From here it is an easy track back to Kasbah Tamadot.

Grading: Easy (approx. 6 hours)

Cost: From MAD 500 per person based on a minimum of 2 people

Includes: An experienced English-speaking mountain guide, a muleteer, a mule to carry supplies and a picnic lunch.

Ouarhir Trek - Your trekking guide will meet you at Kasbah Tamadot. You will begin by heading south-east from Kasbah Tamadot to the Ghirraia River which you will cross to reach the village of Tansghart (1350m). From here you will climb to the village of Ifrhane (1650m) and then onto Mount Ouarhir (1800m), from where you can enjoy stunning views of the surrounding valleys. Continue downhill through oak and juniper forests to the village of Imsker (1400m), where you will stop for tea in a Berber House. After a picnic lunch by the

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stream you will climb to the El Bour Pass (1500m) before walking down to the village of Imi Oughlad (1400m) and then along the Imnane River back to Kasbah Tamadot.

- Grading:** Easy to moderate (approx. 6 hours)
Cost: From MAD 500 per person based on a minimum of 2 people
Includes: An experienced English-speaking mountain guide, a muleteer, a mule to carry supplies and a picnic lunch.

Aguersioual and Tamatert Pass - Your driver and guide will meet you at 08h30 and drive you for approximately 30-minutes to the village of Aguersioual (1600m) where you will meet the rest of your trekking team. The trek begins by climbing the Aguersioual Pass (2100m) before walking downhill and across the River Imnane to the remote village of Ikhiss (1700m). After walking to the next village, Tinougrine (1600m), you will stop for a picnic lunch at a Berber House. The afternoon is spent climbing the Tamatert Pass (2300m) from which you will enjoy stunning views of the Atlas Mountains. Continue downhill to the village of Imlil (1700m) where you will be met by your driver and taken back to Kasbah Tamadot.

- Grading:** Difficult (approx. 7 hours)
Cost: From MAD 1,100 per person based on a minimum of 2 people
Includes: An experienced English-speaking mountain guide, a muleteer, a mule to carry supplies, vehicle, driver and a picnic lunch.

Mount Toubkal Ascent (4167m)

This is possible either for 2 days and 1 night or for 3 days and 2 nights:

2 days and 1 night:

Day 1: Your driver and guide will meet you at 08h30 at Kasbah Tamadot then drive you to the village of Imlil (1700m) where you will meet the rest of your trekking team. You commence your trek with a climb through orchards and past a stream to the shrine of Chamharouch (2300m). There you can stop for tea before continuing to walk uphill to the luncheon spot (2700m) by the stream at the Imouzer waterfalls. After lunch, follow the stream uphill to the Nelner Refuge (3207m) where you will have dinner and spend the night. You can also spend the night in a tent if you prefer.

Day 2: After an early breakfast, you set off to climb a steep valley to the peak of Toubkal (4167m), North Africa's highest peak. The view is fantastic! Stop for a small picnic on the top and enjoy the views before walking back to the Refuge for a well earned lunch! Walk down to Imlil where you meet the car and drive back to Kasbah Tamadot.

- Grading:** Hard. 1-night/2-days. (approx. 6-7 hours per day)
Duration: 2 days. 6-7 hours walking per day.
Cost: From MAD 2,600 per person based on a minimum of 2 people
Inclusions: Experienced English-speaking mountain guide, vehicle, driver, cook, muleteers, mules to carry baggage and supplies, all meals.

Please note that our guides can modify the treks for you to your requirements and adjust the timings.

3 days and 2 nights:

Day 1: Your driver and guide will meet you at 08h30 at Kasbah Tamadot then drive you to the village of Imlil (1700m) where you will meet the rest of your trekking team. You

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commence your trek with a climb through orchards and past a stream to the shrine of Chamharouch (2300m). There you can stop for tea before continuing to walk uphill to the luncheon spot (2700m) by the stream at the Imouzer waterfalls. After lunch, follow the stream uphill to the Nelner Refuge (3207m) where you will have dinner and spend the night. You can also spend the night in a tent if you prefer.

Day 2: After an early breakfast, you set off to climb a steep valley to the peak of Toubkal (4167m), North Africa's highest peak. The view is fantastic! Stop for a small picnic on the top and enjoy the views before walking back to the Refuge for a well earned lunch! Then walk back to the beautiful village of Armed (2000m) located at the foot of Toubkal. Stop for mint tea and a picnic lunch in a Berber house. Spend the needed night there.

Day 3: Follow a lovely walk through walnut and cherry trees down to Imlil where you meet the car and drive back to Kasbah Tamadot.

- Grading:** Demanding. 2-nights/3-days. (approx. 5-6 hours per day)
- Duration:** 3 days
- Cost:** From MAD 3,050 per person based on a minimum of 2 people
- Inclusions:** Experienced English-speaking mountain guide, vehicle, driver, cook, muleteers, mules to carry baggage and supplies, all meals.

Please note that our guides can modify the treks for you to your requirements and adjust the timings.

MOUNTAIN BIKING

We have mountain bikes as well as helmets available at Kasbah Tamadot which you can book to explore the surroundings on your own. Prices are available on request.

Ouirgane Valley (1/2 day)

Transfer: 24 km by road
Mountain Biking: Approx 9km
Level: 1
Vertical ascent/descent: +150m / -200m

This is a beautiful trip in the stunning Ouirgane Valley starting about 12km from Kasbah Tamadot. The ride begins by heading south on a dirt track of red clay that makes up the area's geology, passing through eroded clay formations until you reach the villages of Torort and Agouni. The ride finishes with a magnificent view over the Tasekourt dam on the Nfiss wadi (river who's flow will fluctuate or even dry up temporarily depending on the season). The return transfer to Kasbah Tamadot will bring you back before lunch.

Tacheddirt Valley (1 Day)

Transfer: 23 km by road
Mountain Biking: Approx 21 km
Level: 2 (can be level 3)
Vertical ascent/descent: +200m / -1100m

After breakfast a 45 minute drive will take us to the foothills of Mount Toubkal, Morocco's and North Africa's highest summit at 4167m. Our ride starts at Tizi n'Tamatart (at 2280m

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altitude), on a small track descending down the valley. The scenery is awesome, with the steep cliff faces and imposing peaks gradually giving way to green terraces and bee hive like villages stuck to the arid mountain sides. In the background we could nearly touch the majestic, often snow capped, high Atlas peaks. Our ride ends at the Kasbah Tamadot around mid afternoon. **NB:** This itinerary can be done the other way round and level changes to 3!

L'Oukaimden (1 Day)

Transfer: 20 km by road

Mountain Biking: Approx 17 km

Level: 2 (can be level 4)

Vertical ascent/descent: +100m / -1500m

After breakfast a 45 minute drive will take us to Morocco's most famous (and Africa's highest) ski station, Oukaimden, at 2660m. This is a beautiful landscape of high pastures, where traditional Berber shepherd houses contrast with alpine chalets! We mount our bikes for an amazing descent with a great panorama; facing us is the magnificent Mount Toubkal and we are surrounded by the highest peaks of the High Atlas Mountains. All along our route we will see the evolution of the vegetation, from the high altitude odorous juniper trees forest to the low altitude pine and thuya trees. We carry on our bike ride down the Ghighaya Valley all the way to the Kasbah Tamadot, which we reach around mid afternoon. **NB:** This itinerary can be done the other way round and level changes to 4!

MULE TREKKING

As you would expect, mules demonstrate a different combination of physical and physiological traits from their horse and donkey parents. But contrary to popular belief, mules are not stubborn, although they can appear to be lazy as they will not put themselves in danger. They are very intelligent and patient and will do their best for their owners. So, why not discover the beautiful surroundings of the Atlas Mountains in a more traditional way? You can choose from the following selected treks that cater for all riding levels:

1. One hour trek to Asni Village, down to the river and along to the mountain facing Kasbah Tamadot. This is recommended for beginners or those with no riding experience.
2. Two and a half hour trek in the Toubkal National Park opposite Kasbah Tamadot. Discover the stunning surrounding countryside and be prepared to be blown away by the breathtaking views. This is recommended for beginners to experienced riders.
3. Three hour trek in the Toubkal National Park which includes a visit to a traditional Berber house for tea. This is recommended for beginners through to experienced riders.

All treks are led by our experienced English speaking guides.

Cost: MAD 150 per hour/person

HORSE TREKKING

A minimum of two people are normally required for any trek and please note these treks are operated by La Roseaie Hotel and not by Kasbah Tamadot. Guests are required to sign a liability waiver and declare they do not have an existing medical condition that would

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prevent them from taking part. Most importantly, these treks are designed for *experienced riders* comfortable controlling a horse in rugged terrain – unfortunately beginners or inexperienced riders may not take part. We suggest going by mule instead – it's very safe and you can spend more time enjoying the scenery!

The details below are a guide to the horse treks available and prices are subject to change.

1 hour – MAD 200 per person available morning or afternoon

2 hours – MAD 400 per person available morning or afternoon

3 hours – MAD 600 per person available morning or afternoon

Full Day – MAD 950 per person including lunch, departing the Kasbah Tamadot at 08h30.

The transfer cost from Kasbah Tamadot to La Roseaie is MAD 400 return for up to 4 people. The times and route will be confirmed once the trek is booked by a member of the team at Kasbah Tamadot.

GUIDED DAY EXCURSIONS BY CAR

The scenic route to Marrakech

Total driving time: 1 ¾ hours (normal direct driving time is 1 hour)

Going to Marrakech for the day but fancy seeing a bit more of the country on the way? This is a great way to take in the unique and spectacular scenery of the Kik Plateau without committing to a full or half day out. Book the car 45 minutes earlier than planned and your driver will take you through Moulay Brahim, over the Kik plateau (the views of the mountains are genuinely some of the best you can get), past Takerkoust Reservoir and bring you into Marrakech through a more Westerly route.

Cost: MAD 1,200 one way per car (up to four people). **Note:** Direct price to Marrakech is MAD 880 so this is just MAD 330 extra.

Tin Mal Mosque and Tizi n' Test

Total driving time: 6 hours

The 12th century Tin Mal Mosque is one of only two in Morocco that is open to non-Muslims. The Mosque is currently being restored and has stunning architecture with genuine features abounding in rich history. After visiting the Mosque you will be driven along the Tiz n'Test Pass (2100m), an ancient link between the Berber cities of Taroudant and Marrakech with stunning views to the South. You will pass through ancient Berber villages, orchards and stunning scenery making this excursion a fabulous day out. Lunch is at a local café or a picnic.

Cost: MAD 1,500 per person for 2 people including lunch. MAD 250 for each extra person, to a maximum of four people in total.

Tin Mal Mosque, Village of Ouirgane and the option of the Kik Plateau to Moulay Brahim

Total driving time: 3 hours or 4 ½ hours

The 12th century Tin Mal Mosque is one of only two Mosques in Morocco that is open to non-Muslims. The Mosque is currently under restoration and has stunning architecture with genuine features abounding in rich history. From the Mosque you will return to the village of Ouirgane where you may stop for mint tea and visit a Berber family for lunch. From here either return directly to the Kasbah (this is the three hour drive) or take an off-road drive to Amizmiz (this is the 4 ½ hour drive) to view the beautiful Takerkoust Reservoir and the Kik

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Plateau. You will return to Kasbah Tamadot through the village of Moulay Brahim, long revered as a holy place.

Cost:

3 hours without lunch: MAD 2,000 per car (up to four people)

3 hours with lunch: MAD 1,250 per person for 2 people. MAD 250 for each extra person up to a total of 4 people.

4 ½ hours with lunch: MAD 1,500 per person for 2 people. MAD 250 for each extra person up to a total of 4 people.

Tadmante, Ourika Valley and Setti Fatma waterfalls –

Total driving time: 5 ½ hours

Head towards Marrakech for twenty minutes before Taking the Oukamedien route that winds its way high above the Tamadant Valley. The scenery is impressive and passes ancient and isolated mountain villages. From this route you will enjoy amazing views of the High Atlas including North Africa's highest peak, Mount Toubkal. Once you reach the village of Setti Fatma there is a chance to take a one hour walk up to spectacular waterfalls before lunch at a restaurant. After lunch wind your way down the Ourika Valley, which is characterised by its beautiful scenery of fruit trees, little wooden bridges spanning the river to old houses and the magnificent backdrop of the Atlas Mountains. Please be aware that in heavy rain or snow the off-road track will be impassable and an alternative route will have to be followed.

Cost: MAD 1,500 per person for 2 people. MAD 250 for each extra person up to a total of 4 people.

4x4 Wheel Excursions –

Imsker for tea

Total driving time: 2 hours

Take the road you can see winding up the valley opposite the Kasbah through Tangshart, the village directly opposite Kasbah, and on to Imsker. Go for tea in a traditional Berber house in this fabulous and remote village before coming back on the same route. The views are fantastic, the village is magical and it is a real insight into the lives of the local people.

Cost: MAD 750 per person for 2 people. MAD 100 for each extra person.

Armed for lunch

Total driving time: 2 hours

Follow the road past the Kasbah up to the village of Imlil. From here take an off road track to the highest village in north Africa– Armed. An excellent traditional Berber lunch is served on the highest roof terrace of the village with stunning views down the mountain. This trip can be combined with a walking trip. Please be aware that there are sections of road with steep drops on the side.

Cost: MAD 1,000 per person for 2 people. MAD 250 for each extra person

- All times given are the total driving time: this is time spent actually moving in a car and does not include time spent for lunch, tea, photos, shops etc.
- Unless the price is noted as per car, prices are per person and based on a minimum of two people sharing.
- All tea and lunch mentioned above is included in the price of the trip.
- All prices and descriptions may vary and are subject to change without notice.

QUAD BIKING

Adventure into the heart of the Atlas Mountains for an unforgettable quad biking experience. The below rates are quoted per person:

1 hour tour including a guide	MAD 440
2 hour tour including a guide	MAD 660
Half day tour including a guide	MAD 825
Full day tour including a guide	MAD 1,650

Return road transfers from Kasbah Tamadot are MAD 400 per vehicle
Minimum age: 15 years

HOT AIR BALLOONING

This unique experience is possible between 1st September and 30th June. July and August are generally too hot for balloon trips (only possible in the early-mornings) and strictly subject to favourable weather conditions.

Sunrise Balloon Experience - You will be collected by 4x4 vehicles from Kasbah Tamadot at 05h30 and taken on a journey for 1 hour and 45 minutes to the launch site where you will meet your pilot. The flight may take you over the Palmeraie, the Tensift River, the Jbilat Mountains and various Berber villages. The breathtaking Atlas Mountain range will provide a constant and stunning backdrop to your flight. The flight time is approximately one hour. When you land you will receive a traditional light Moroccan breakfast before being transferred back to Kasbah Tamadot.

Balloon Flight:	MAD 2,050 per person for 2-8 people sharing*
Transfers:	MAD 1,760 return per vehicle for 2-4 people sharing or MAD 1,200 with a taxi.

* On this flight you may share with other passengers. Occasionally this will create a 1 hour delay which will thus reduce the cost to MAD 1,850 per person.

VIP Sunrise Balloon Experience - The same fabulous experience, but you will be given champagne on your landing with your breakfast in a Berber House!

Balloon Flight:	MAD 2,600 per person for 2-8 people
Transfers:	MAD 1,760 return per vehicle for 2-4 people sharing or MAD 1,200 with a taxi

Exclusive VIP Sunrise Balloon Experience - Enjoy the Sunrise Balloon Experience for just two people for a romantic flight or special celebration. Again when you land you can enjoy a light breakfast with champagne before you return to Kasbah Tamadot.

Balloon Flight:	MAD 4,900 per person for maximum of 2 sharing
Transfers:	MAD 1,760 return per vehicle for 2 people sharing or at MAD 1,200 with a taxi.

Important Points for Hot Air Ballooning

- There is a minimum of 2 passengers/maximum 8 passengers per basket.

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- The balloon flight can be cancelled at any time due to weather conditions or any other factor that may make the flight unsafe.
- There is no cancellation penalty if the flight is cancelled before any 4x4 transfers have taken place and MAD 1,760 if transfer by 4X4 has taken place.
- 100% cancellation fees will apply if you cancel your flight within 24 hours.
- The price for children aged 10 years and under is MAD 1,025 per child

GOLF

Royal Golf Course - This 72 par 5888 metre course is the private property of King Mohamed VI and was the preferred course of his father Hassan II. Located close to Marrakech, it was built for the Pacha El Glaoui in 1923 and designed by architects Arnaud Massy and Gustaves Golias. Each course has a 4 person maximum per round and the transfer between Kasbah Tamadot and each Golf Course is €160 return for a private car.

Green Fees: MAD 350 per person for 9 holes
MAD 500 per person for 18 holes
Equipment Hire: Golf clubs: MAD 250 per person, Caddy MAD 50 for 9 holes
Golf clubs: MAD 300 per person, Caddy MAD 80 for 18 holes
Restaurant: MAD 160 per person excluding beverages

Amelkis Golf Course - This 72 par 6655 metre course was designed by architect Cabell Robinson and is located outside Marrakech.

Green Fees: MAD 350 per person for 9 holes
MAD 500 per person for 18 holes
Equipment Hire: Golf clubs: MAD 300 per person, Caddy: MAD 100
Restaurant: à la carte

Palmeraie Golf Course - This 72 par 6345 metre course is located in the Palmeraie and was designed by world famous architect Robert Trent Jones. The greens and fairways lie around 7 lakes and the age-old Palms that gave the Palmeraie its name.

Green Fees: MAD 350 per person for 9 holes
MAD 500 per person for 18 holes
Equipment Hire: Golf clubs: MAD 400 per person, Caddy MAD 80 and
Golf Balls: MAD 250
Restaurant: MAD 200 per person for a buffet excluding beverages

Important - This document is designed to be a guide for guests. We do all that we can to keep information up-to-date, but from time to time things change quicker than we can update them! You will be given full details of costs, inclusions and exclusions whenever you book an excursion and if you would like to have anything clarified then please let us know.