SPICE ROADS
CYCLING

TOURING

AUTHENTIC MOROCCO BY BICYCLE

Tour Code
MAR-MAM

8 DAYS
7 NIGHTS

Destinations	Morocco
Tour Meets	Marrakesh
Tour Ends	Marrakesh
Fly in to	Marrakech Menara Airport (RAK)
Fly out of	Marrakech Menara Airport (RAK)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

5 Cycling days	**250** km Total cycling distance
50 km Avg distance / day	**562** m Avg climbing / day

PRICING

Price	US$ 2,250
Bike Hire (Full Suspension Mountain Bike)	US$ 290
Bike Hire (E-Bike)	US$ 350
Single Supplement	US$ 425

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

20 Sep - 27 Sep 2026
11 Oct - 18 Oct 2026
25 Oct - 01 Nov 2026
15 Nov - 22 Nov 2026
18 Apr - 25 Apr 2027
02 May - 09 May 2027
19 Sep - 26 Sep 2027
10 Oct - 17 Oct 2027
24 Oct - 31 Oct 2027
14 Nov - 21 Nov 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

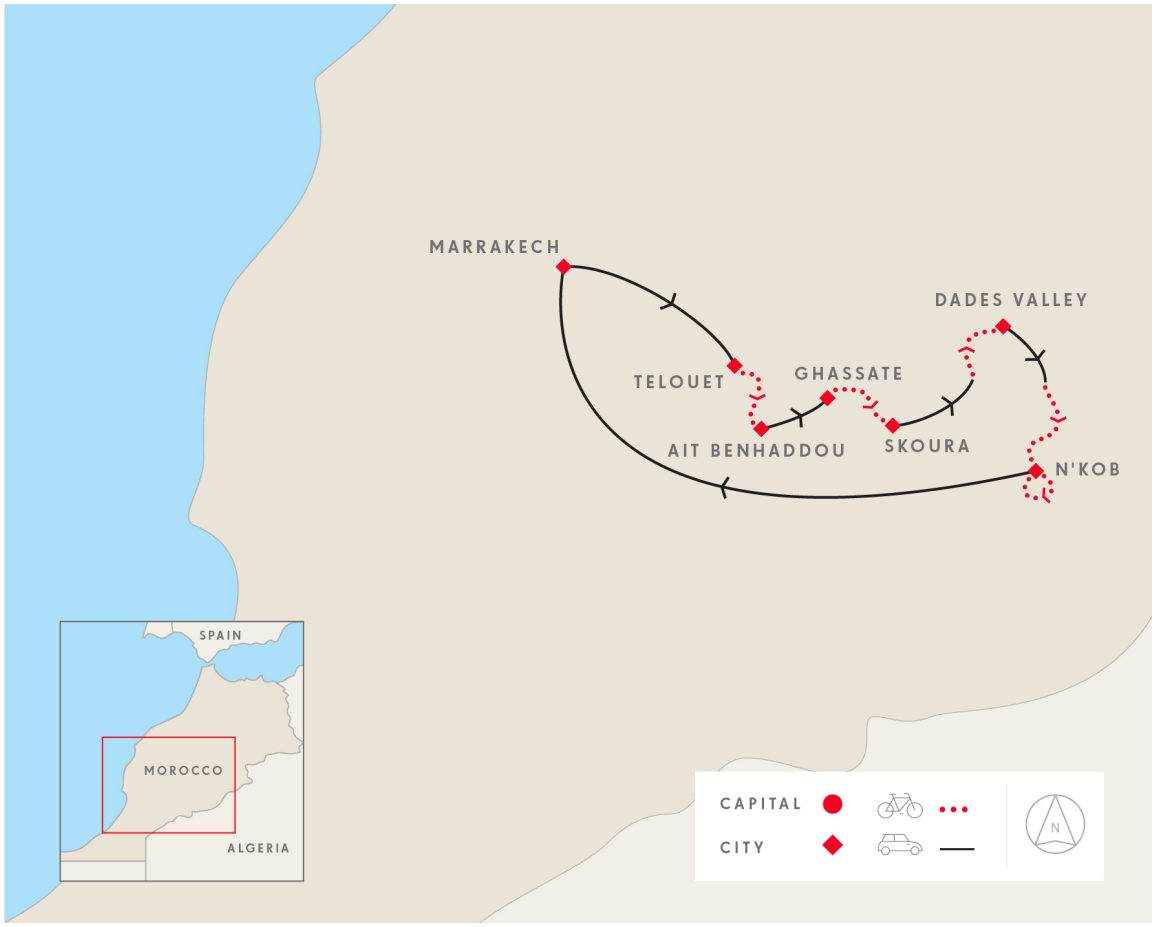
We ride a total of 250 km over five cycling days. The tour begins and ends in Marrakesh, with a transfer of 3–4 hours to the cycling start point on Day 2 and a 5–6 hour drive on Day 8 for the return journey to Marrakesh from N'Kob. On all cycling days (except for Day 6), we have a vehicle transfer to the start point (no longer than 1.5 hours) but always ride directly to the hotel at the end of the day. This allows us to keep the daily distances manageable, avoid busy main roads, and focus on the most scenic backroads while covering a wider scope of Morocco's terrain. Our route is mixed surface riding at its best, leading us through southern Morocco's iconic landscapes of rugged mountains, barren, rock-littered deserts, lush palm groves, and valleys dotted with Berber villages and age-old kasbahs

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is an active-level tour, and riders can expect to be challenged by both the route and terrain in various ways. Southern Morocco's hilly landscape means there's plenty of ascent and descent each day, though with an average elevation gain of less than 600 m per day and only one truly challenging mountain pass (see day 5), you don't need to be an expert to tackle these. Descents are just as prominent and, overall, we go downhill more than we go up (though it might not always feel like that!). While this tour is not strictly off-road, you should definitely expect gravel paths and dirt tracks that require good handling skills, in particular on the downhills. A 4x4 vehicle follows the group at all times to carry supplies and provide refuge for weary riders.

Biking Conditions: The split of paved vs non paved road surfaces on this tour is roughly 50/50. The tarmac roads are in varying conditions - some very good, others more shabby with potholes and debris. Non-paved surfaces include vehicle-width gravel and dirt paths. There are short sections of true off-road cycling when we go through dry riverbeds. The non-paved portions of this trip are very fun for mountain bikers, though remember that some parts of the route consist of loose gravel and sandy patches that could prove hazardous. Additionally, some of the descents can be rocky, which requires extra caution. Though much of the route is on quiet countryside roads with minimal traffic, we will share the roads with cars, motorbikes, and buses near towns and popular attractions. Rainfall is not uncommon in Morocco, especially at higher elevations, at the time we schedule our tours. We generally ride rain or shine, but based on the guide's discretion or your comfort level, modifications to the planned route can be made. It's all part of the adventure!

Hotels: Accommodations on this tour primarily consist of riads and kasbahs. Riads are traditional Moroccan homes converted into boutique hotels, characterized by an interior courtyard or garden, and rooms surrounding it with traditional décor. Kasbahs are historic fortified citadels, offering unique architectural elements and often located in rural areas of the Atlas Mountains and Pre-Saharan desert. Both provide an authentic cultural experience as well as the comfort of a clean room, hot water, and AC/heating but don't always expect extras like a swimming pool or English-speaking staff. Room sizes may be smaller, and beds can be firmer than you're used to. In the Dades Valley we stay at a more modern-style guesthouse, but still with plenty of Moroccan charm. For larger groups, we may need to use more than one accommodation and, in case of limited availability, switch to an alternative property from the one listed in the itinerary.



Day 1: Meet in Marrakesh

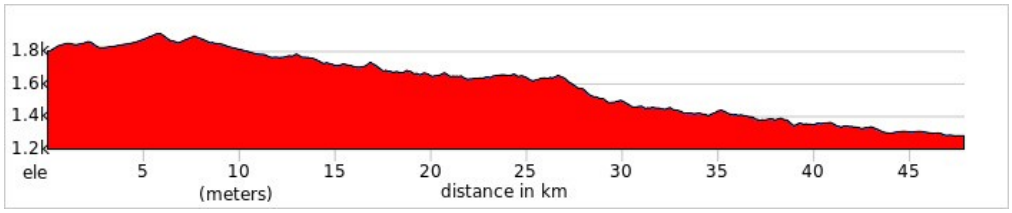
Welcome to Marrakesh, the 'Pearl of Southern Morocco'! The best way to experience this spirited city is to get lost in the labyrinthine alleys of the medina — the UNESCO World Heritage-listed heart of the city, brimming with life. Wander through spice markets, leather workshops, and endless rows of red-clay shophouses where you'll find just about everything under the Moroccan sun. Don't miss Jemaa el-Fnaa, the city's bustling main square, or explore the elegant Moroccan architecture of the Koutoubia Mosque, Bahia Palace, Ben Youssef Madrasa, and the Saadian Tombs. We meet at our tour hotel in the late afternoon for a trip briefing and welcome dinner. Please let us know if you require assistance with airport transfers and pre-tour hotel bookings.

Riad Dinner

Day 2: Marrakesh - High Atlas Mountains - Ait Benhaddou

We depart from Marrakesh and drive about 3.5 hours over the High Atlas Mountains, a rugged range of craggy, weathered peaks that cuts across central Morocco. It's a scenic drive along a winding road, offering a first taste of the terrain we'll soon be biking through. By noon, we reach the highland village of Telouet, where we have lunch and saddle up. Our inaugural ride trends downhill overall, with enough upward bursts to give our legs a good workout! The first 10 km take us on a paved road through a rocky hillscape featuring a short detour off-road to visit an old salt mine. We then enter the Ounila Valley, cycling on a paved road with occasional rough patches, rising and falling with the contours of the landscape. We glide past lush olive and date groves growing along the river framed by red-hued bluffs and mudbrick Berber villages. After 48 km, we reach the UNESCO World Heritage Site of Aït Benhaddou, a centuries-old Trans-Saharan Trade Route citadel which we'll explore the next morning after a restful night at a cosy Moroccan retreat.

Riad Maktoub Breakfast, Lunch, Dinner

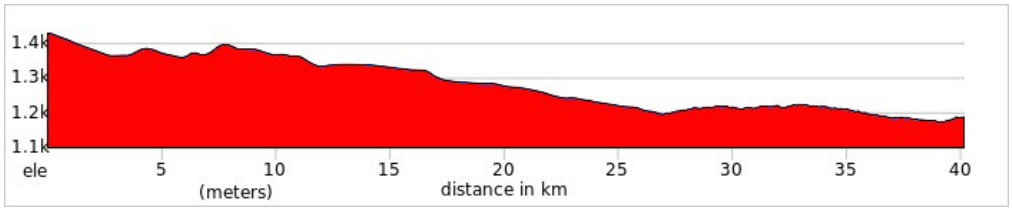


Ride 48km +570m -1091m

Day 3: Ait Benhaddou - Ghassate - Skoura

This morning we walk through the fortified village of Aït Benhaddou, a UNESCO World Heritage site famed for its striking mud-brick architecture. Traditional kasbahs (fortresses) and narrow alleyways cling to a steep hillside above a seasonal river, forming a dramatic backdrop seen in major productions like Gladiator and Game of Thrones. After our visit, we drive for about an hour to today's cycling start point in the foothills of the High Atlas Mountains. We ride along a gravel road that cuts across barren, stone-littered terrain, with majestic mountain peaks rising in the distance. After approximately 30 km, the landscape shifts as we enter the Palmeraie of Skoura — a green oasis of date palms, crumbling kasbahs, and patchwork farmland nestled within the arid plateau. We weave through this fertile agrarian hinterland, witnessing the cultivation that sustains this region, before arriving at our accommodation located on the fringe of the Skoura oasis.

Kasbah Ait Benhadda Breakfast, Lunch, Dinner

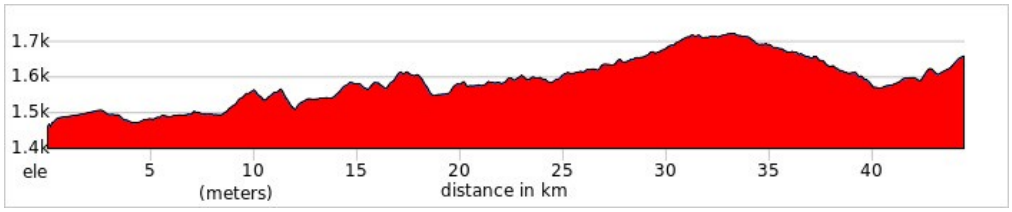


Ride 40km +128m -370m

Day 4: Skoura - Roses Valley - Dades Gorge

We begin with a one-hour transfer to the Roses Valley, renowned for its Damascus rose cultivation. Our morning route follows a bumpy, undulating paved road elevated above the M'Goun River — the lifeblood of the valley's rose farms. If you're joining in April or May, you may see the valley blanketed in pink as the roses bloom. Regardless of the season, this is a beautiful ride through Berber communities and rolling hills carpeted in loose rocks flaked from the craggy escarpments that ripple through the backdrop. We cycle about 25 km to lunch, with plenty of mild climbs to build an appetite. In the afternoon, we dive into off-road trails through a barren, rocky desert surrounded by red cliffs. The area is home to semi-nomadic Berber families who raise goats and live in caves or rock shelters. Should the occasion present itself, we may be invited in for fresh mint tea and an insight into their millennia-old lifestyle. By the 40 km point, we spill into the Dades Gorge and follow the main road up to our hotel, overlooking the picturesque valley.

Dar Essyaha Breakfast, Lunch, Dinner

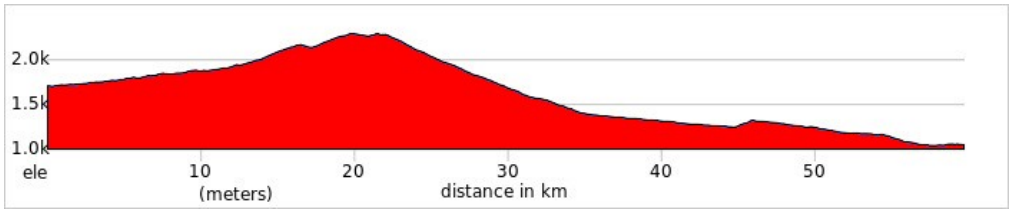


Ride 45km +734m -541m

Day 5: Dades Gorge - Jbel Saghro - N'Kob

Today marks a major geological shift in our journey as we transition from the southern fringes of the High Atlas Mountains to the windswept massifs of the Anti-Atlas range. After a 45-minute transfer out of the Dades Valley, we begin cycling on a dirt road through a sparsely populated region of rocky outcrops and phosphorus mines — one of Morocco's key exports. After around 14 km, we prepare for a tough climb over Jbel Saghro, an ancient range with jagged peaks. The ascent begins on a steep and twisty dirt trail for about 2 km before joining a paved road, where gentler gradients lead us to the top of the Tizi n'Tazazert Pass, our tour's highest point at 2,300 metres. After a breather at the top, we enjoy a sweeping 15 km descent, watching the landscape shift from rugged mountains to pre-Saharan semi-desert plateaus. We stop for lunch, then continue 25 km along quiet paved roads through stark, eroded terrain, with the silhouettes of the High Atlas still visible in the distance. Our day ends in N'Kob, where we stay two nights amidst the town's facade of rammed earth kasbahs.

Kasbah Baha Baha Breakfast, Lunch, Dinner

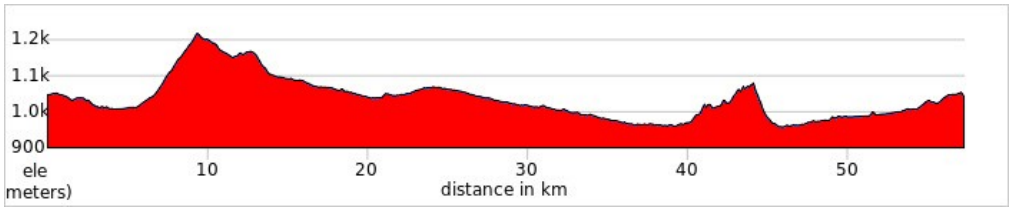


Ride 60km +823m -1483m

Day 6: N'Kob Loop

After several action-packed days traversing Morocco's diverse landscapes, today we slow things down with a scenic loop ride starting and ending at our hotel in N'Kob. We begin with a short stretch on farm roads, winding through palm groves and agricultural fields, before tackling a challenging 4 km climb along a gravel track that carries us into rugged, mountainous terrain with rocky ridges. From there, we follow around 30 km of fantastic off-road trails, weaving through dry riverbeds and past fields of watermelon, barley, wheat, and henna — an impressive display of agricultural ingenuity in such a harsh environment. Along the way, we may cross paths with herds of goats, sheep, or the occasional pack of mules. After riding through the village of Tanoumrite, a 5 km climb with some steep pinches brings us back over the mountains and down to the plains surrounding N'Kob, where we join the main road for the final 10 km to the hotel. The afternoon is free to relax and unwind.

Kasbah Baha Baha Breakfast, Lunch, Dinner



Ride 56km +548m -549m

Day 7: N'Kob - Marrakesh

We leave N'Kob early this morning with the aim of arriving in Marrakesh in time for a late lunch. The total driving time is around 5-6 hours, with a few rest stops to stretch our legs. The drive takes us back over the High Atlas Mountains, with particularly stunning views along the famous Tizi n'Tichka Pass (2,260 meters above sea level), one of the highest motorable roads in North Africa. Once we arrive in Marrakesh, you have free time to get lunch (not included) and spend the afternoon ticking off any remaining sights or bargaining your way through the medina for some last-minute souvenirs! We reconvene in the evening for a celebratory farewell dinner.

Riad Breakfast, Dinner

Day 8: Marrakesh Departure

Our tour has come to an end, but feel free to extend your stay in Morocco and explore even more of what this captivating country has to offer. Consider heading to the Atlantic Coast to discover the charming seaside cities of Essaouira or Casablanca, or immerse yourself further in the historic allure of Fes to the north. For those seeking something more adventurous, a trek up Mount Toubkal, North Africa's tallest mountain, offers a rewarding challenge just outside Marrakesh. Please let us know if you need assistance with post-tour hotel bookings or airport transfers.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. We provide full-suspension mountain bikes from well-known brands. If you bring your own bike, we suggest it is full-suspension or hardtail mountain bike in good mechanical order. We don't suggest bringing a gravel bike for this tour due to the rough nature of some of the off-road trails.

We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Please make sure you have a passport valid for at least six months beyond your departure date from Morocco. Morocco has visa exemption agreements with many countries, including the United States, Canada, most European nations, United Kingdom, Australia, and New Zealand. For the full list, please see **here**. If your nationality is on this list you do not need to prepare anything in advance and you may stay in Morocco for up to 90 days. You may be asked for your return flight details so make sure you have that. If your nationality is not on the visa exempt list or you require a different kind of visa for any reason, please see **here** for more information.

Health

There are no compulsory vaccinations although it is strongly recommended that you are vaccinated against: Typhoid; Hepatitis A and B. Tetanus and polio vaccinations should also be up to date at the time of travel. See here for more recommendations to help you prepare. Please speak to your doctor/physician for the most recent information.

Weather

Morocco is a large country with diverse landscapes, including mountains, deserts, and coasts, resulting in highly variable weather patterns across the region. Our Morocco cycling tours are primarily based around Marrakesh and the foothills of the High Atlas Mountains, where the weather is typically mild in spring (March to May) and autumn (September to November), with daytime temperatures ranging from 15°C to 25°C (59°F to 77°F) and cooler nights between 5°C and 15°C (41°F to 59°F). As we get closer to the summer months (generally starting from June), temperatures begin to rise, with daytime highs often exceeding 35°C (95°F) in lower elevations, while nights remain relatively warm. As we approach the winter months (usually from December onwards), temperatures gradually drop, particularly at higher altitudes, where conditions can become quite cold, with the potential for snow in the mountains. We do not offer tours during the hottest summer months and the coldest winter months, opting for the sweet spot conditions in the spring and fall. If you are cycling in the early spring or late fall, be prepared for layering up in the mountains and layering down at low elevations – sometimes all within one day! Having a combination of light clothes to stay comfortable in the heat and warm clothes to bundle up when it's colder is key. Rainfall is generally low, especially in the southern regions, but occasional showers can occur in the spring and autumn, particularly in the foothills and higher altitudes, so it's good to be prepared for a brief downpour here and there.

Food

Meals are included in the itinerary as B = breakfast, L = lunch, and D = dinner. Moroccan cuisine is halal, which means all food and drink adhere to Islamic dietary laws, ensuring that they are permissible and prepared according to religious guidelines. This includes the prohibition of pork and alcohol. Each day begins with a classic Moroccan breakfast which consists of crusty bread, crepes (baghrir), and flatbread (msemen), paired with butter, processed cheese, a selection of jams and honey. Fresh coffee and tea are almost always on hand, alongside freshly squeezed orange juice. Most lunches on tour are served picnic-style along the cycling route. The core elements typically include cooked plain pasta or rice, bread, canned fish, and a large plate of lettuce, tomatoes, olives, peppers, onions, and cucumbers. Sauces, salt, pepper, and olive oil are also provided, allowing everyone to customise their plates to taste. Outside of Marrakesh all dinners are enjoyed at the hotels. The most common dish served is tagine, a slow-cooked stew made with a variety of meats, vegetables, and aromatic spices, traditionally cooked in a special clay pot with a conical lid. The tour provides a variety of snacks, including dates, almonds, peanuts, and a mix of walnuts, raisins, roasted chickpeas, and other similar items, to keep you energized during the ride. Where possible, we also include some local sweets for variety. Oranges and bananas are usually available as well. If you're accustomed to energy bars, granola, or electrolyte gels during rides, please come prepared, as these are not readily available in Morocco and are not included in our snack provisions. Most allergies or special dietary requirements can be catered for. Please let us know as soon as possible, if you have not already noted in your booking information.

Drink

Keeping you completely hydrated is a job we take very seriously. Water and tea are included while riding and during all meals. Soft drinks and other beverages during meals are not included. Beer and alcohol are NOT included in the price, and won't always be available unless you bring your own. Morocco is a Muslim country and most locals do not consume alcohol - if you like to have a beer after a ride or a glass of wine in the evening, please consider bringing your own provisions from Marrakesh, as they will be hard to come by in more traditional and remote areas.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single

supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

Keep some cash on hand for souvenirs, incidentals, and tips. Included entrance fees are those for the listed sites that are part of the itinerary. Any other site fees are not included.

Money

Morocco's currency is the Moroccan Dirham (MAD). While some larger hotels and restaurants might accept EUR/USD, it's always best to use the local currency. You'll find ATMs and currency exchange shops readily available in Marrakesh but not elsewhere on the tour. We suggest exchanging/withdrawing enough cash on the first day in Marrakesh to last until returning again at the end of the tour. Credit cards are accepted at higher-end hotels and restaurants and some retailers but, for the most, part, you will need to have cash on hand for purchases along the way.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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