

# SPICE ROADS

## CYCLING



## AUTHENTIC MOROCCO BY BICYCLE

Tour Code  
**MAR-MAM**

**8** DAYS  
**7** NIGHTS

|  |              |                                |
|--|--------------|--------------------------------|
|  | Destinations | Morocco                        |
|  | Tour Meets   | Marrakech, Morocco             |
|  | Tour Ends    | Marrakech, Morocco             |
|  | Fly in to    | Marrakech Menara Airport (RAK) |
|  | Fly out of   | Marrakech Menara Airport (RAK) |
|  | Group Size   | 2-10 riders                    |
|  | Minimum Age  | 18 (on scheduled departures)   |

## ACTIVITY PROFILE



|                                               |                                                    |
|-----------------------------------------------|----------------------------------------------------|
| <b>5</b><br>Cycling days                      | <b>230</b> <sub>km</sub><br>Total cycling distance |
| <b>46</b> <sub>km</sub><br>Avg distance / day | <b>570</b> <sub>m</sub><br>Avg climbing / day      |

## PRICING



|                           |            |
|---------------------------|------------|
| Price                     | US\$ 1,750 |
| Bike Hire (Mountain Bike) | US\$ 225   |
| Bike Hire (E-Bike*)       | US\$ 295   |
| Single Supplement         | US\$ 390   |

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

## WHAT'S INCLUDED

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

## WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

## DEPARTURES



07 September - 14 September 2025  
21 September - 28 September 2025  
12 October - 19 October 2025  
26 October - 02 November 2025  
16 November - 23 November 2025  
05 April - 12 April 2026  
19 April - 26 April 2026  
03 May - 10 May 2026  
06 September - 13 September 2026  
20 September - 27 September 2026

**See website for later departures**

## TRIP PROFILE

On this mountain biking adventure, we will cycle 230 km in 5 days of riding. This is a moderate trip, and riders with reasonable levels of physical fitness should enjoy the entire trip. The riding takes place on approximately 70% unpaved/off-road and 30% tarmac roads.

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:** Given that the riding is primarily on unpaved roads, we recommend that cyclists be reasonably fit and confident riding on rough terrain. While there is climbing involved on most days, particularly in the Atlas Mountains, for the most part these are gradual and not too steep. Ascents are complemented by swift and long downhill sections. This trip is fully supported so weary cyclists can always take breaks in the support vehicle if desired.

**Biking Conditions:** The off-road 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 to riders. Additionally, some of the descents can be rocky, which requires extra caution and some off-road biking skills. The tarmac roads are in varying conditions - some very good, others more shabby – and some traffic is to be expected. On some of the days we will be transferring to cycling start/end points via the support vehicle in order to avoid heavily trafficked sections and not make the riding days too long.



### Day 1 Arrive in Marrakech

Upon arrival in Marrakech, we transfer to the riad and meet up for a trip briefing. We then take a city tour to visit the Medina of Marrakech, a UNESCO World Heritage Site featuring a maze of shops and stalls selling succulent traditional food and exquisite handicrafts. After our explorations, we have dinner in a restaurant near the Jemaa El Fena Square.



Riad Luzia



Dinner

### Day 2 Marrakech - Kasbah Telouet - Kasbah Ait Benhaddou

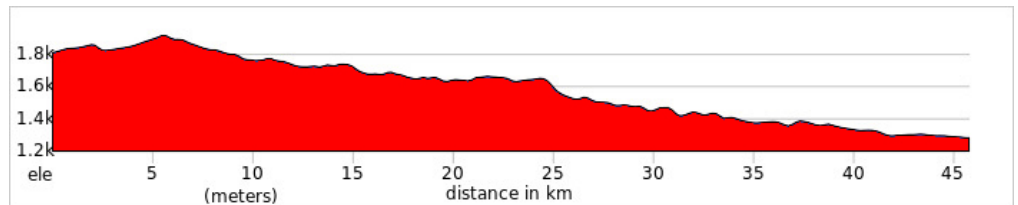
This morning we leave Marrakech early and drive via the High Atlas Mountains to Kasbah Telouet (3-4 hours). Once the stronghold of Thami El Glaoui, the so-called Lord of the Atlas during French colonial occupation, Telouet is a great place to start familiarizing ourselves with the unique architecture and history of Moroccan desert citadels. This is also where we saddle up for our first ride of the tour. We'll be cycling on a winding road through the Ounila Valley, surrounded by a picturesque pre-Saharan landscape of rocky cliffs, lush oases, and traditional Berber villages. After 46 km we arrive at our destination for the day: the stunning village of Kasbah Ait Benhaddou. This UNESCO World Heritage Site contains a well preserved medieval kasbah renowned for its labyrinth of clay-brick buildings, meandering alleys, and breathtaking views of the surrounding scenery.



Riad Maktoub



Breakfast, Lunch, Dinner



Ride 46km



+348m



-878m

### Day 3 : Kasbah Ait Benhaddou - Dades Gorges

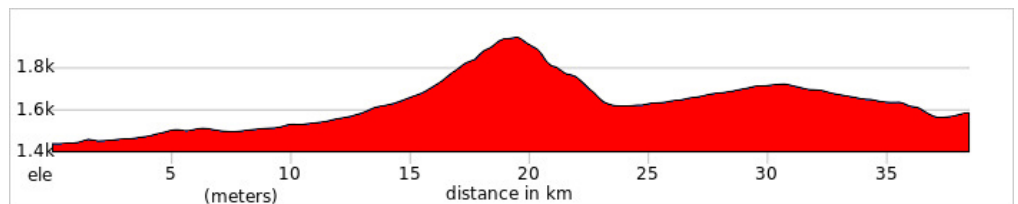
Today we go valley hopping in the scenic foothills of the High Atlas Mountains. These valleys offer a transition zone between the higher altitudes of the Atlas Mountains and the lower, arid desert regions, creating a unique and diverse landscape - perfect for mountain biking! Departing from Ait Benhaddou in the morning we transfer 90 minutes by vehicle to the town of Kalaat M'gouna. This is the gateway to the "Valley of the Roses" which, though known for its annual festival dedicated to the blooming Damascus roses, is gorgeous any time of the year. We start cycling out off Kalaat M'gouna, traversing an impressively high plateau that connects the Valley of the Roses with Dades Valley of southwestern Morocco. In this region, Bebers still live in centuries-old caves and grow figs, almonds, and pomegranates on the scarce, narrow strips of greenery. Should the occasion present itself, we'll enjoy some fresh mint tea alongside Bebers in one of the inhabited caves.



Dar Essyaha



Breakfast, Lunch, Dinner



Ride 39km



+658m



-511m

### Day 4 Dades Gorges - Jbel Saghro - N'Kob

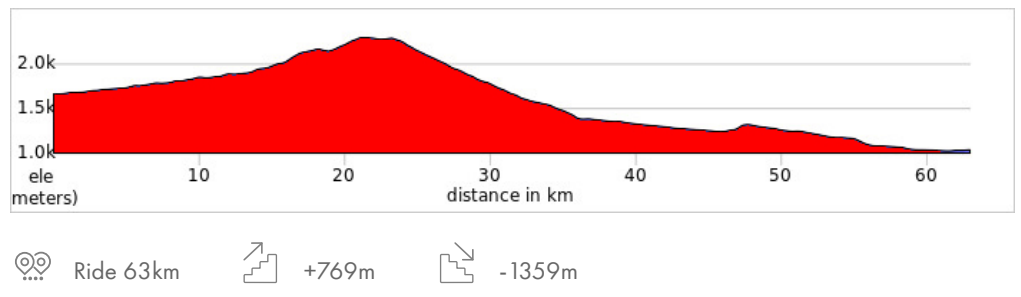
Today we will snake our way through the Dades Valley to the Berber oasis town of N'kob. The first 25 km is a gradual uphill trek to the heights of the Tizi n'Tzazert Pass which, sitting at 2,200 m ASL, offers stunning panoramic views over the Jbel Saghro Mountains. We'll rest our legs a little and then embark on a very pleasant, at times steep, downhill section leading us into the Draa River Valley. This is one of the most fertile landscapes of southern Morocco, jam-packed with crop and palm plantations tended to by Berber communities. We'll spend the night in the oasis town of N'kob, known for its traditional adobe buildings.



Kasbah Ennakhil



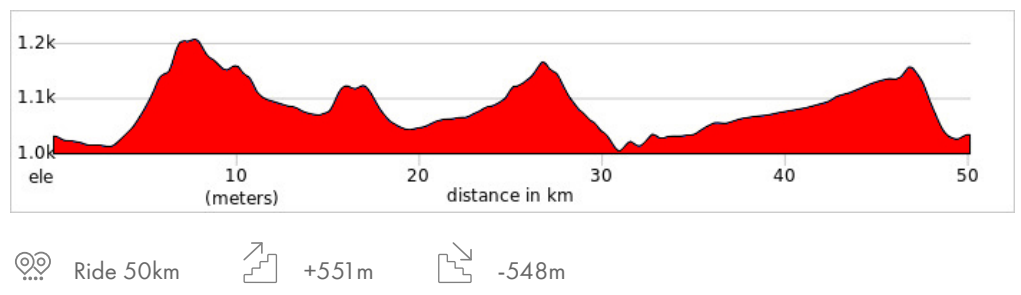
Breakfast, Lunch, Dinner



## Day 5 N'kob - Agdz

As we cycle out of N'Kob in the morning, the scenery opens up to vast stretches of date palm plantations and fertile fields that offer a rich tapestry of greens and earthy tones. The terraced gardens and palm groves present an oasis-like contrast against the arid desert surroundings. We will be cycling on gravel roads that connect the Berber communities and farmlands of the Draa Valley, along the way gaining a candid appreciation for the millenia-old ingenuity required to cultivate under such unforgiving desert conditions. As long as our route follows the river, honey and watermelon fields line our way but, if we move just a few hundred meters away from the riverbanks, the landscape is again dry and barren! By lunchtime we'll arrive in the village of Tafechna after which we have another 15 km to the cycling end point. We hop in the support van and drive to the tranquil town of Agdz (1 hour) where we spend the night.

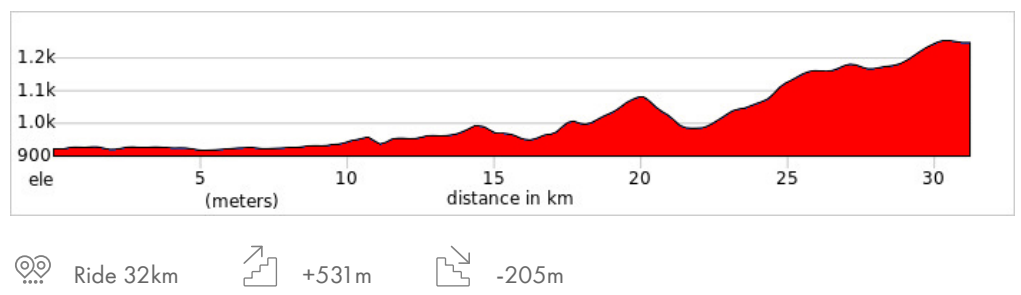
Kasbah Itrane Tamnougalté    Breakfast, Lunch, Dinner



## Day 6 Agdz - Tizi-n-Tichka Pass - Marrakech

On the tour's final ride we will be cycling from Agdz to Cascade Tisgui, leisurely taking in the scenes of life in the oases and Berber villages lining the Draa River. After completing the ride we will transfer back to Marrakech via the city of Ouarzazate and the Tizi-n-Tichka Pass. At 2,260 m above sea level, it is a spectacular piece of engineering that is often listed as one of the most beautiful roads in the world. We'll be on the road for 3-4 hours but time goes fast when the views are that nice! Once we arrive in Marrakech we'll get settled at our hotel and leave the evening for free time. Dinner is on your own in vibrant Marrakech.

Riad Luzia    Breakfast, Lunch



## Day 7 Marrakech

It's a bike-free day, and we relax our muscles by taking a guided tour of Marrakech, the Southern Pearl of Morocco, to learn more about the city's rich history and culture. Discover the Palace of Bahia, built the late 19th century. It consists of 160 rooms and meant to be the grandest palace of the time. Next, we visit the Saadian Tombs, the exquisitely decorated and sculptured

mausoleum of the Saadi Dynasty members, who ruled Morocco from 1554 to 1659. And we continue the tour to the 69-m Koutoubia Mosque, the city's most famous and largest mosque, and to the nearby square Djeema el-Fna, a bustling square full of shops and stalls where you can practice your bargaining skills. The tour concludes with an exploration of the souk (market), filled with mounds of spices, intricately woven Berber carpets, ceramics, hand-made leather goods, and tantalising food stalls. Lunch is on your own, but we will meet up for a farewell dinner to reminisce on our magical time in Morocco.



Riad Luzia



Breakfast, Dinner

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## Day 8 Departure

Transfer for your onward travels.



Breakfast

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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. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, in good mechanical order.

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.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

## CONTACT US

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