

SPICE ROADS

CYCLING



ROAD CYCLING MOROCCO: ATLAS TO ATLANTIC

Tour Code
MAR-MRB

11 DAYS
10 NIGHTS

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

ACTIVITY PROFILE



8 Cycling days	612 ^{km} Total cycling distance
77 ^{km} Avg distance / day	1308 ^m Avg climbing / day

PRICING



Price	US\$ 2,300
Bike Hire (Road Bike)	US\$ 275
Single Supplement	US\$ 395

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

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

DEPARTURES



17 May - 27 May 2026
27 Sep - 07 Oct 2026
18 Oct - 28 Oct 2026
15 Nov - 25 Nov 2026

TRIP PROFILE

This tour tackles demanding terrain in 8 days of road cycling with a contrast between the High Atlas during the first part of the trip, and the desert, Anti-Atlas for the second. Though we'll traverse some mountain passes, the maximum altitude during the trip is 2,100 meters above sea level. The Moroccan Atlas are predominantly arid and sparsely populated areas, so our riding will be through scenic natural areas and the occasional village. With several vehicle transfers before and/or after our rides, we avoid busy main roads and focus on the most enjoyable routes. Though some accommodation will be more basic than others, we'll stay in the best available and can expect warm welcomes and unparalleled local hospitality.

Suitability: Almost all cycling days include over 1,500 meters of elevation gain, with two days of around 2,000 meters of elevation gain. Climbs range from short and steep to long and gradual, and there are very few flat sections. Though a support vehicle with water, refreshments and empty seats is always nearby, strong cycling fitness and climbing experience is recommended for full enjoyment of this trip.

Biking conditions: Our route takes us on scenic mountain roads on tarmac in primarily good condition, though there will be a few rough sections. Some ascents and descents will be steep, requiring good handling skills. Most of the roads contain minimal traffic. Rainfall is not uncommon at higher elevations. 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!



Day 1: Meet in Marrakesh

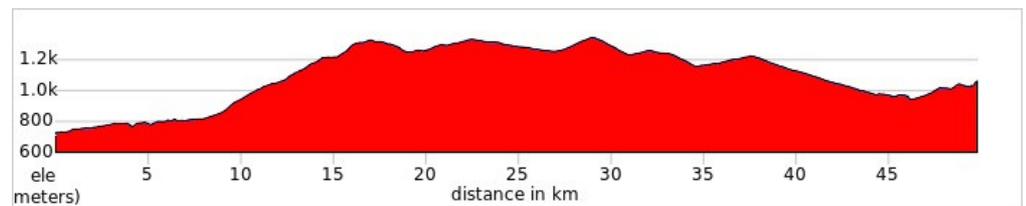
Welcome to Marrakesh, the 'Pearl of Southern Morocco'! If you're arriving today, we'll pick you up from the airport and transfer you to our tour hotel. The best way to experience this spirited city is to get lost in the labyrinthine alleys of the medina — the UNESCO World Heritage-listed heart of the 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 pre-tour airport transfers and hotel bookings.

 Riad Luzia  Dinner

Day 2: Marrakesh - Agafay Desert - Ouirgane

This morning, we transfer about one hour south from Marrakesh into the Agafay Desert. This isn't the sandy desert you might imagine, but a rock-strewn terrain of rugged hills and barren plains. We saddle up and warm up our legs amidst this unique landscape before tackling the tour's first major climb: a 10 km ascent to the top of the Plateau de Kik. The road then winds past Berber villages and arid expanses, with the towering peaks of the High Atlas Mountains visible in the distance. By around 38 km, we'll begin a steady descent into the Ouirgane Valley. This lush area, nestled in the foothills of the High Atlas, is dotted with olive groves, terraced fields, and traditional Berber villages. A final few kilometres of uphill bring us to tonight's traditional Moroccan-style accommodation, tucked away in the countryside.

 Kasbah La Dame Bija  Breakfast, Lunch, Dinner

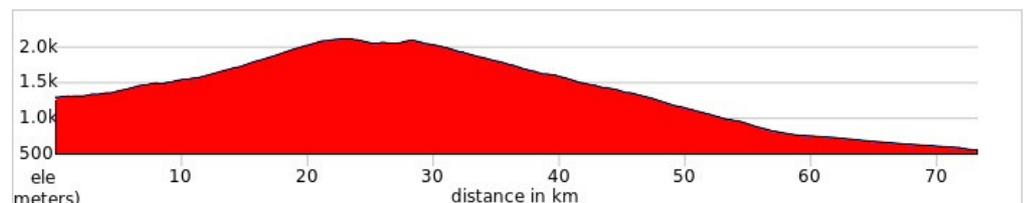


 Ride 50km  +1080m  -747m

Day 3: Ouirgane - Qued N'Fis - Ouled Berhil

We start the day with a 1.5-hour vehicle transfer to bypass a long, broken stretch of road along the N'Fis River. From our drop-off point, we begin a steady, winding 20 km climb to the Tizi n'Test Pass — a true test of endurance (no pun intended!) — as we ascend one of Morocco's highest paved roads, peaking at 2,100 metres above sea level. The views over the High Atlas Mountains are spectacular, and once we reach the top, we enjoy a long descent to our destination: the small town of Ouled Berhil. Tonight, we stay in an elegant hotel full of Moroccan flair.

 Riad Hida  Breakfast, Lunch, Dinner



 Ride 73km  +900m  -1638m

Day 4: Ouled Berhil - Ait Baha - Tafraout

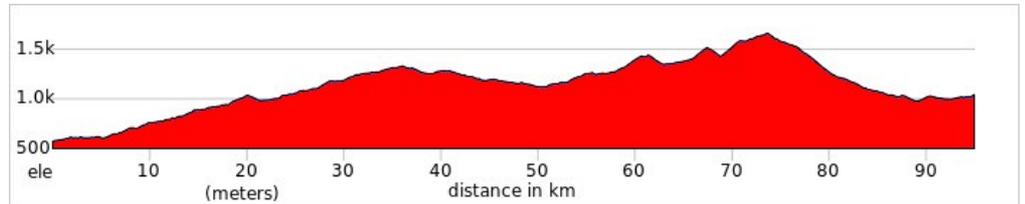
Today, we transition from the High Atlas to the Anti-Atlas Mountains — an ancient, deeply eroded range of rugged, rocky peaks that stretches across southern Morocco, between the Atlantic coast and the fringes of the Sahara. To get there, we first transfer around two hours by vehicle to the town of Ait Baha. Here we get on our bikes and ride deeper into the raw, rocky desert scenery of the Anti-Atlas, with lots of climbing to keep our legs busy over nearly 100 km. A crowning downhill brings us to the town of Tafraout, one of the most picturesque oasis towns in the region, nestled in a dramatic valley surrounded by granite rock formations. We spend two nights here for full immersion in the Berber way of life!



Hotel les Amandiers



Breakfast, Lunch, Dinner



Ride 95km



+1838m



-1373m

Day 5: Tafraout - Ait Mansour - Tafraout

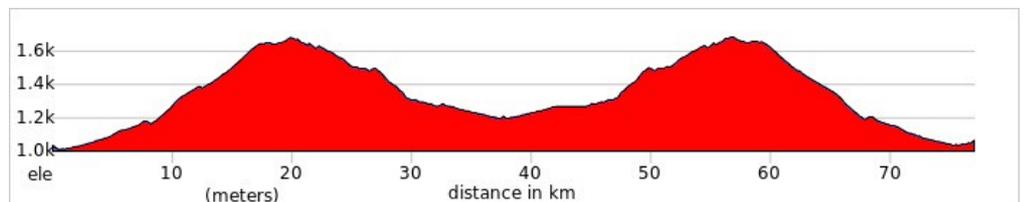
Based out of Tafraoute, we dive deeper into the Anti-Atlas with a challenging out-and-back ride along a beautifully sinuous road that winds through rocky valleys, remote villages, and striking desert mountain scenery. It's a steady, and at times steep, 20 km climb to the top of a pass, followed by a glorious descent into the Ait Mansour Gorge — an unexpected green ribbon of date palms, small farms, and mud-brick homes threading through otherwise barren mountains. We pause here for refreshments before offering the option to transfer back to Tafraout for some well-earned R&R — or ride the same stunning route in reverse.



Les Amandiers



Breakfast, Lunch, Dinner



Ride 77km



+1445m



-1414m

Day 6: Tafraout - Ait Milk - Agadir

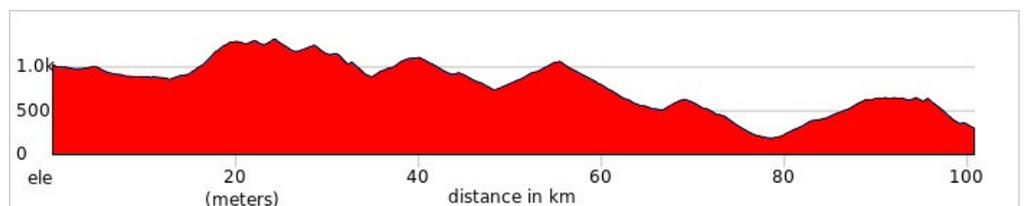
We'll bid adieu to Tafraout and start making our way out of the Anti-Atlas, transitioning from rugged rock massifs to gentle foothills covered in almond groves. The ride promises a tough century challenge, with several major climbs, though always complemented by refreshing descents. At just over 100 km, we'll reach the outskirts of Ait Milk, where we'll saddle off and transfer for about 1.5 hours to the seaside town of Agadir. Here, we're greeted by our first view of the Atlantic Coast, marking a significant milestone in our journey! Feel free to dip your toes in the ocean at the nearby beach or go for a stroll along Agadir's lively promenade.



Oasis Hotel & Spa



Breakfast, Lunch, Dinner

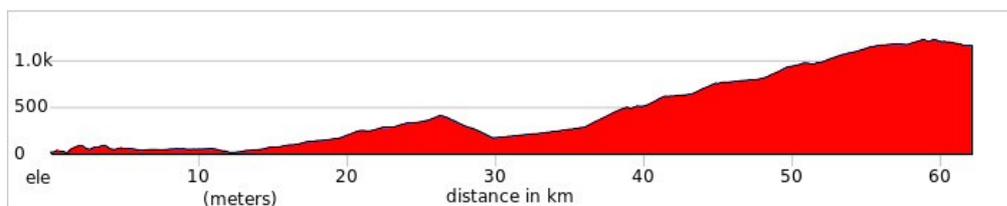


Ride 101 km +1952m -2674m

Day 7: Agadir - Imouzzer

Departing from Agadir, we begin with an unavoidable 10 km stretch along a main provincial road before veering inland onto a quieter secondary route into rolling hills. A gentle climb followed by a swift descent offers a smooth warm-up before the day's major feat: a 30 km ascent through Paradise Valley, a lush, oasis-like gorge dotted with palms and pools fed by underground aquifers. By the time we reach our accommodation in the highland village of Imouzzer, we'll have climbed from near sea level to an elevation of over 1,000 metres above sea level. Depending on the season, feel free to check out the nearby Imouzzer waterfall, which cascades down limestone cliffs.

Hotel Les Cascades Breakfast, Lunch, Dinner

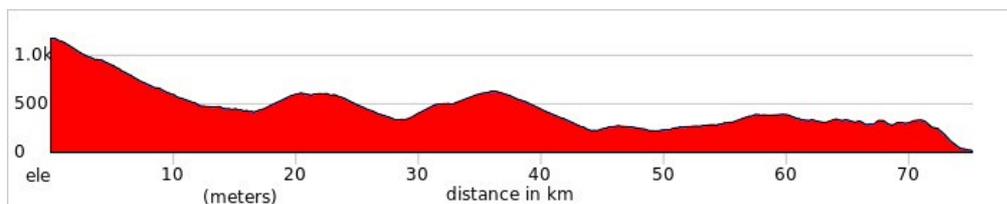


Ride 62km +1650m -510m

Day 8: Imouzzer - Imsouane - Essaouira

After yesterday's tough climb, we begin with a fast and fun 16 km descent through the foothills of the Western High Atlas Mountains. Once we've dropped to around 500 metres above sea level, we take on two back-to-back climbs that lead us to the edge of the Moulay Abdellah Dam. From there, the landscape shifts to shrublands dotted with twisting argan trees — a species endemic to Morocco, famed for its highly prized oils. Around the 70 km mark, the wave-battered coastline and vast expanse of the Atlantic Ocean come into view. A final descent delivers us to the beachside town of Imsouane, where we pack up the bikes, enjoy lunch, and transfer roughly two hours north to Essaouira — the "Windy City of Africa", known for its historic medina, the bustling port, and its breezy coastline.

Riad Palais des Remparts Breakfast, Lunch, Dinner

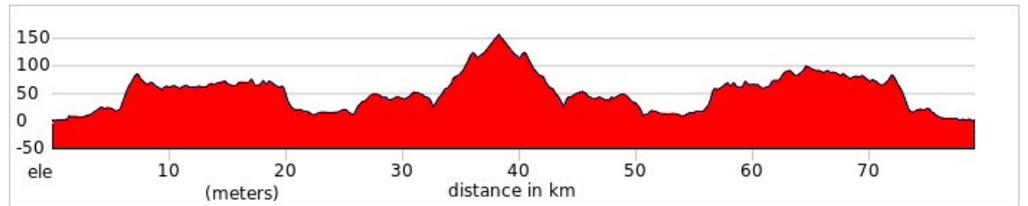


Ride 75km +968m -2125m

Day 9: Essaouira Ride

The time has come for the tour's cool-down ride! Based out of Essaouira, we ride south through a semi-arid landscape shaped by Atlantic winds, where only hardy shrubs and argan trees thrive. After zipping past the laid-back surf village of Sidi Kaouki, the road hugs the coastline before veering inland for a brief but spicy climb over a hill. By the 40 km mark, we turn around and head back to Essaouira. In the afternoon, take some time to wander through the city's UNESCO World Heritage-listed medina, where you can explore the maze of narrow streets, bustling souks filled with local crafts, and vibrant seafood markets. Don't miss the historic ramparts that encircle the medina, offering stunning views of the ocean and the old city. We reconvene in the evening for dinner.

Riad Palais des Remparts Breakfast, Lunch, Dinner



📍 Ride 79km 📈 +630m 📉 -630m

Day 10: Essaouira - Marrakesh

In the morning, you have a bit more time to explore Essaouira before we transfer around three hours back to Marrakesh. We enjoy one last lunch together before the local team bids you farewell. You can spend the rest of the afternoon as you choose — ticking off any remaining sights in Marrakesh or bargaining your way through the medina for some last-minute souvenirs!

🏠 Riad Africa 🍴 Breakfast, Lunch

Day 11: Marrakesh Departure

We transfer you to Marrakech Menara International Airport (RAK) for your return flight or onward journey.

🍴 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.

If you bring your own bike, please make sure it is a road bike, in good mechanical order.

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 or late 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.

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