

## activities at kasbah tamadot

### THE ASOUNFOU SPA

"Asounfou" is the Berber word meaning relaxation. To make your experience at Kasbah Tamadot even more tranquil and memorable indulge in one of our signature treatments. Treatments are not included in the normal rates and are priced in Moroccan Dirham.

### HEATED INDOOR AND OUTDOOR POOLS

Take a dip in the outdoor infinity pool and take in the stunning views of the Atlas Mountains. If outside is a bit too chilly, try the heated indoor pool with its own lounge area.



### GYM

Hit the gym and work up your appetite. It's equipped with a running machine, bike, multifunctional weight station and free weights.

### SAUNA AND JACUZZI

Go for a cleansing session in the sauna or relax in the outdoor Jacuzzi.

### PING PONG

Have a hit on our Ping Pong table located in the gardens next to the infinity pool.

#### **ASMOUN LOUNGE**

In the Berber language, Asmoun means 'a place to get together or meet', and the lounge is a great place to take in the views over the valley, spend a relaxing afternoon, or enjoy a pre-dinner cocktail. The lounge is equipped with a pool table, satellite TV, DVD player, music system and a fully stocked bar.

### CINEMA NIGHTS

On selected evenings at Kasbah Tamadot we offer cinema nights where you can watch a selection of Moroccan-inspired films in the open-air under the stars.



#### TENNIS COURTS

We have two floodlit Astroturf tennis courts located behind the infinity pool. Racquets and balls supplied.



## activities at kasbah tamadot



### COOKING AT THE KASBAH

Get a taste for Morocco with Kasbah Tamadot's cookery lessons and demonstrations. We ask for a minimum of 48 hours' notice.



#### **COOKING LESSONS**

The cookery lessons are hands-on interactive sessions where our chefs will walk you step-by-step through how to make some of our more popular dishes. Sessions take place in the afternoon and last approximately three hours. Each budding chef will have their own cooking station where they'll create a delicious three course meal including salads, soup, tagines and dessert. Then you'll have the pleasure of eating your culinary delights for dinner that evening!

DURATION:

APPROXIMATELY 3 HOURS



### **COOKING DEMONSTRATION**

Cooking demonstrations are a great way to get a taste for some of the finer points of Moroccan cuisine.

Sessions last approximately one hour and Kasbah Tamadot's chefs will demonstrate how to make a variety of simple yet delicious dishes, with some great tips and advice on how to develop your own culinary skills that are perfect for family meals and dinner parties. You will be able to sample the food as it's made with recipes available to take home.

DURATION:

APPROXIMATELY 1 HOUR

### THE EVE BRANSON FOUNDATION

Spearheaded by Eve Branson, (known to us as Richard's mum), The Eve Branson Foundation aims to help the local people in the long term by setting up sustainable enterprises, including a craft house run and managed by locals that teaches skills to the young women in the area. Take a visit to the craft house in the neighbouring village of Tansghart where you can learn about the current projects over a cup of traditional mint tea.

DURATION:

APPROXIMATELY 1 1/2 HOURS



Take a trip to visit our neighbouring Eco-Museum. Just a 5 minute walk from Kasbah Tamadot, on the edge of the Toubkal National Park. Gain an insight into the surrounding area's natural and cultural resources. Open daily from 9am-4pm.



# mule trekking

Discover the beautiful surroundings of the High Atlas Mountains in a uniquely traditional way with one of our resident mules. As you would expect, mules demonstrate a different combination of physical and psychological traits from their horse and donkey parents, and can be identified by their large donkey ears and long horse tail. Contrary to popular belief, mules are not stubborn. They are very intelligent and patient and loyal to their owners.

**NB.** Children under the age of 12 years must be accompanied by an adult.

### ONE HOUR TREK TO A LOCAL VILLAGE

Passing the eucalyptus and olive groves you will make a gentle ascent into a nearby village where you can see the traditional Berber homes from the outside. A great way to experience the local culture.

## TWO AND A HALF HOUR TREK IN THE TOUBKAL NATIONAL PARK

Embark on a climb up the mountain opposite Kasbah Tamadot. Discover the stunning surrounding countryside and be prepared to be blown away by the panoramic views from the top.

## THREE HOUR TREK IN THE TOUBKAL NATIONAL PARK

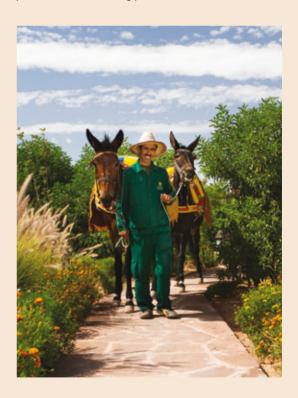
Enjoy breathtaking views of the High Atlas combined with a visit to a traditional Berber house for tea. A true cultural experience.

All treks are led by our experienced English speaking guides.

# horse riding

Located 15km from Kasbah Tamadot Hotel, La Roseraie is home to the nearby stables for horse riding. These treks are designed for experienced riders comfortable controlling a horse in rugged mountainous 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! Riding treks are available for 1, 2 or 3 hours. Please contact reception for rates. Transfer time to La Roseraie is approx. 20 minutes.

Guests are required to sign a liability waiver and declare they do not have an existing medical condition that would prevent them from taking part.





# guided mountain biking

EXPLORE THE MOUNTAINS AROUND KASBAH TAMADOT BY BIKE!



### OUIRGANE VALLEY (1/2 DAY)

TRANSFER: 12KM 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 whose flow will fluctuate or even dry up temporarily depending on the season).

## TACHEDDIRT VALLEY (FULL DAY)

TRANSFER: 23KM 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 you to the foothills of Mount Toubkal, Morocco's and North Africa's highest summit at 4167m. The ride starts at Tizi n'Tamatart (at 2280m 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 you can nearly touch the majestic, often snowcapped, high Atlas peaks. We would recommend a morning departure for the ride to end at Kasbah Tamadot by mid afternoon.

### OUKAÏMEDEN (FULL DAY)

TRANSFER: 20KM 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 you to Morocco's most famous (and Africa's highest) ski station, Oukaïmeden, at 2660m. This is a beautiful landscape of high pastures, where traditional Berber shepherd houses contrast with alpine chalets. Mount our bikes for an amazing descent with a great panorama; facing you is the magnificent Mount Toubkal and the highest peaks of the High Atlas Mountains. All along our route you will see the evolution of the vegetation, from the high altitude odorous juniper tree forest to the low altitude pine and thuya trees. Ride down the Ghighaya Valley all the way to Kasbah Tamadot. We would recommend a morning departure to reach Kasbah Tamadot by mid afternoon.

PRICES AVAILABLE ON REQUEST

## quad biking

### A 4 WHEEL ADVENTURE INTO THE SURROUNDING ATLAS MOUNTAINS

Explore off the beaten track, high into the mountainside with your guide for between 1-3 hours with the option to stop along the way for prime photo opportunities.

Routes will be allocated based on the level of experience. Quad biking is provided by an external company. Participants must be over the age of 16 years. Guests are required to sign a liability waiver and declare they do not have an existing medical condition that would prevent them from taking part.



# high atlas treks

THE WALKING IN THIS REGION IS FANTASTIC AND A DEFINITE MUST DO ACTIVITY. WE HAVE LISTED SOME OF THE MOST SCENIC AND SPECTACULAR TREKS IN THE SURROUNDING AREAS.



### LOCAL SHORT WALKS

There are some fabulous walks from Kasbah Tamadot 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 Kasbah we can suggest something which is as long or as short as you like. 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.

### NON-GUIDED WALK THROUGH TOUBKAL NATIONAL PARK

Scale the landscape adjacent to Kasbah Tamadot climbing to a lookout point providing panoramic views of the Asni and Imlil valley. This is an intermediate walk which begins on the trail opposite the Eve Branson Foundation Shop. The trail is clearly marked and gentle winding path makes it suitable for all abilities. Please inform a member of the reception team before departure and if you need guidance locating the start of the trail.

**DISTANCE:** 6KM APPROX.

2 1/2 HOURS WALKING TIME



### LUNCH TIME TREKS

Begin with a short 15 km drive from Kasbah Tamadot up to the village of Imlil. From here you will meet with your guide and mule and take a walk up to the highest village in north Africa- Armed (2000m). A 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 mule trek. Please advise the reception team when booking if you have any dietary requirements.

**DISTANCE:** APPROX. 2 HOURS WALKING TIME

(APPROX. 4 HOURS ROUND TRIP)

INCLUDES: RETURN TRANSFERS TO IMLIL, AN

EXPERIENCED ENGLISH SPEAKING MOUNTAIN GUIDE, TRADITIONAL BERBER LUNCH AND MINT TEA.



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).

**DISTANCE:** 6KM (APPROX. 3 HOURS)

**INCLUDES:** AN EXPERIENCED ENGLISH-SPEAKING

MOUNTAIN GUIDE.







# high atlas treks



### 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 Marigha 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.

**DISTANCE:** 9KM (APPROX. 4-5 HOURS)

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 Ghriraia 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 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.

**DISTANCE:** 12KM (APPROX. 6 HOURS)

**INCLUDES:** AN EXPERIENCED ENGLISH-SPEAKING

MOUNTAIN GUIDE, A MULETEER, A MULE

TO CARRY SUPPLIES AND A PICNIC

LUNCH.



### AGUERSIOUAL AND TAMATERT PASS

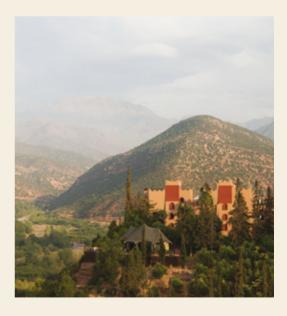
Your driver and guide will meet you at 08h30 and drive you for approximately 30-minutes to the village of Aguersioual (1600m). The trek begins by climbing the Aguersioual Pass (2100m) before walking downhill and across the River Imnane to the remote village of Ikhiss (1700m). After walking to the next village, Tinoughrine (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.

DISTANCE: 15KM (APPROX. 7 HOURS)

INCLUDES: AN EXPERIENCED ENGLISH-SPEAKING

MOUNTAIN GUIDE, A MULETEER, A MULE TO CARRY SUPPLIES, VEHICLE, DRIVER

AND A PICNIC LUNCH.





# guided day excursions by car



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

Going to Marrakech for the day or heading back to the airport 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.



### TIN MAL MOSQUE AND TIZI N' TEST

### Total driving time: 7 hours

The 12th century Tin Mal Mosque is one of only two in Morocco that is open to non-Muslims. The Mosque 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. You can choose to visit one of the local cafés on route for lunch or we can provide a picnic lunch. Please note the cost of lunch is not included with this tour.



## TIN MAL MOSQUE AND THE VILLAGE OF OUIRGANE

### Total driving time: 3 hours

The 12th century Tin Mal Mosque is one of only two Mosques in Morocco that is open to non-Muslims. The Mosque 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.



### Total driving time: 2 hours

Take an off-road drive to view the beautiful Takerkoust Reservoir and the Kik Plateau. You will return to Kasbah Tamadot through the village of Moulay Brahim which is a local pilgrimage town for Moroccan Muslims where people come to make prayers for health, fertility, love and happiness.





## guided day excursions by car

## TADMAMTE, OURIKA VALLEY AND SETTI FATMA WATERFALLS

### Total driving time: 6 hours

Head towards Marrakech for twenty minutes before taking the Oukaïmeden 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. Please note the cost of lunch is not included with this tour.



### Off Road 4x4 excursions



### IMSKER FOR TEA

#### Total driving time: 2 hours

Take the road you can see winding up the valley opposite the Kasbah through Tansghart, 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.

#### VISIT TO 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 (2000m). 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.

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.

Descriptions may vary and are subject to change without notice.





# golf



#### BOYAL 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 Arnoud Massy and Gustaves Golias. Each course has a limit of 4 people per round.



### AMELKIS GOLF COURSE

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



### 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.

Golf carts, clubs and caddies can be arranged by speaking to reservations or reception.

