Who are we?

aGtrek is a Solidarity Trips Project, created by the local associations of the villages of Ifolou and Azerzane, in collaboration with Fundación Acción Geoda, aimed to help the development of the Tessaout River Valley’s rural villages included in the “Tessaout project”.

Where are we?

We are in Morocco, inside the Valley of the Tessaout River, in the Central Atlas mountain chain, near the MGOUN.
What are Solidarity trips?

These are trips designed to know a different culture and its surroundings. You will get in close contact with a respectful and collaborative point of view. aGtrek is much more than just a trekking around the beautiful mountains of the Moroccan Atlas.

-Discover the people of the Tessaout River and the Berber culture.

-Enjoy the beautiful natural sorroundings and its well preserved biodiversity.

-Learn where and how Fundación Acción Geoda works.
How aG Trek benefits the local population?

All the trekking routes are managed and arranged by local people in the valley. All the services are provided by them and all the consumed products are local.

This way, the economic tissue of the area is regenerated. This facilitates other types of incomes that result in a source of wealth for the local families.

-Local Associations: The lodges owners, muleteers, and the rest of the workers donate 10% of their incomes to the local association they choose.
5 day trip (Friday to Tuesday)
5 day trekking trip

Day 1 (Friday)
Arrival to Marrakech, reception at hotel. Free visit to Marrakech.

Day 2 (Saturday)
Transfer from Marrakech to Ifolou. Trekking from Toufrine’s bridge to Ifolou plus lunch at the lodge. In the afternoon, we will explain Berber’s way of life and customs. Later on, all the AG projects at Ifolou will be shown and detailed. Dinner and sleep will be at Ifolou’s lodge.

Day 3 (Sunday)
Trekking from Ifolou to Magdaz. We will have a tea stop at the village of Tagoukh. Lunch will be provided at Magdaz. In the afternoon we will visit the old village, including the 300 years old granary and the mill. Transfer by van to Ifolou. Dinner and sleep will be at Ifolou’s lodge.

Day 4 (Monday)
In the morning we will visit Ifolou’s market and participate in some of the Berber’s workshops (i.e.: bread cooking). Lunch will be provided at Ifolou’s lodge. In the afternoon, we will be transferred back from Ifolou to Marrakech, and the trip will end.

Day 5 (Tuesday)
Depending on the flight schedule, free visit to Marrakech, return to Spain, or continue the trip, in the case some clients decide to stay longer at their own cost and will.

INCLUDED ON THE TRIP

Hotel in Marrakech.
All transfers, (except transfer from Marrakech airport to hotel.)
All breakfasts, meals and dinners meanwhile staying in the Tessaout valley.
Lodging during trekking
Mules and muleteers of support during the trekking.
Multi lingual mountain guide.

NOT INCLUDED

Round trip flight to Marrakech
All meals in Marrakech
Transfers from Marrakech airport to hotel
Drinks and teas outside meals
Tips (these are not
Trekking rating: Medium

Day 2: Short and plain trekking. Distance: around 3kmts. 35 minutes walk.
Day 3: Half day trekking with an accumulated drop of 500 m. Distance: around 13kmts.
Day 4: Short and plain trekking. Distance: around 3kmts. 35 minutes walk.
Recommended mountain material (to carry)

2 thermal short sleeved t-shirts.
3 thermal long sleeved t-shirts.
Wind stopper.
2 mountain long pants or running long pants.
3 pairs of socks, (at least two of them must be mountain socks).
Buffs, to cover the neck and something to cover your head.
2 pairs of gloves: one pair thin and the other warmer in case it is too cold.
Trekking boots, and flip-flops to stay inside the lodges.
Gore-Tex coat or similar, to keep you warm from the cold and the rain.
Underwear clothing.
One or two mountain canes. This is important if you have any knee problems.
Sunglasses
Frontal light
Light sleeping bag. (We have blankets that can be used at the lodges)
Personal items:
Soap tablet for showering.
Solar cream
Comb
Humid towels.
Kleenex
Tooth paste and toothbrush.
Miscellaneous:
Camera
Battery chargers, and other electronic devices.
Batteries.
Hotels in Marrakech

1. Hotel Islane: (Special)
   279 Av Mohammed V. http://www.islane-hotel.com/
   Toilet, air conditioning, wifi, and breakfast included.

2. Hotel La Gazelle: (Basic)
   12 Rue Bani Marine. Tfn.: 05 24 44 11 12.
   Exterior toilet, no air conditioning, no breakfast.

3. Hotel Ighblia: (Basic)
   1 Rue Bani Marine. Telef: 024-381530
   Exterior toilet, no air conditioning, no breakfast.
# Prices

**Price per person 5 DAY TRIP + Special Hotel**

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**Price per person 5 DAY TRIP + Basic Hotel**

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The Amazigh (Berber) culture

Amazigh means “free man”. Since the Greeks, the word “Berber” has been used to refer to every non-Greek speaking culture.

The culture Amazigh is the autochthonous and thousand-year-old culture of the zone where we work. It has demonstrated a great capacity of cultural resistance on having preserved its own language (Tamazigh), in spite of suffering the weight of powerful cultures for centuries.

It is present in many countries of the Maghreb, and in our case, is geographically marked by the mountainous chains of the Atlas, which cross during 2400 km the Northwest of Africa, from Tunis up to Morocco. It is a zone of great natural wealth and wide biodiversity. Due to this reasons, this area has become in the last few years, a sports and nature destination fortourism.

Some of the cultural visible aspects that you will be able to observe are the “djellaba” and the “slippers”, Amazigh’s types of clothing that protects them from the low temperatures of the mountains, and that neither the Arabs nor Muslims of the Middle East wear. The “cous-cous” is also their best well known type of food in the world. Their dances, songs and music, linked to the pleasure and the amusement, are also different to those from the Arabic tradition.

Amongst their cultural immaterial aspects, you will feel the warmth and simplicity of this people. On ancient times they were predominantly nomadic. Nowadays, most of them still live in isolated zones.

As today, this people continue preserving its cultural identity and customs, and from the Fundación Acción Geoda, we want to take an active part in the conservation and promotion of his development.