### TREKKING ATLAS, BERBER VILLAGES - SIX DAYS

1st Day: From Imlil to Tachdirt (about 5 hours walking)

From Imlil centre, as probably the trekkers prefer avoid main road, we will pass over villages (Ait souka and Tamatert) then the climb Tizi n'tmatert it is a pass 2279m, it's about 3 hours from Imlil. It is facing imnan valley and berber valley there are more than 7 villages, with good landscape and nice view. The people jobs here are from agriculture in 99% and 1% with tourism. They valley is famous for nute trees, apples and cherries, and some cereals as a weath barley and corn with some vegetables as well onions and potatoes and radish...

Tizi n'tmatert is lunch and break place.

Than take route to Tachdirt village, two hours from Tizi, this is the highest village in Morocco, it's 2300m altitude, and place to spend night to take a rest and be ready for second day.

### 2<sup>nd</sup> Day: From Tachdirt to l'azib likemt (about 5 hours walking)

The trekkers here they have wake up early at 6 o'clock to be ready to the climb Tizi n'likemt, 3h from Tachdirt to top which it is 3555m high. They should of course take a break here before start go down to l'azib n'likemt, this one it is at 2600m. Here the lunch directly in place that we will spend night. The trekkers shall take a rest and lunch and a swim in river, but here they will use the tents to sleep, because here there is not any villages, it is only l'azib a small place where people from Amsozart valley bring them livestock to spend summer season here because it is colder and green.

### 3th Day: From I'zib n'likemt to Amsozart (about 6 hours walk)

Here the trekkers will take a long rest they will wake up at 7 o'clock to move at 7h30m, the route today it is good, it is just river as a canyon, passing about tizi n'orain ig is 3109m, from here trekkers will face Amsouzart valley, nice valley green and people here are very friendly and nice, berber villages as well old houses and green view, beside river with nute trees and green grass.

# 4th Day: From Amsozart to lake d'ifni (it is just 3 hours)

The trekkers will start at 8 o'clock today they have only road that contact between villages Amsozart and Imhilen andous and ait igran. Here in this village that called ait igran trekkers will take a break with lunch and drinks, if they want, afterword they could climb a small mountain, in pass they will face lake d'ifni.it is 2312m and ifni is a marabout as well the old peoples said that ifni is a small chamharouch brother's.and here the trekkers shall have swimming, and here as well they need tents to spend night

## 5<sup>th</sup> Day: From lake d'ifni to refuge toubkal (it is from 6 to 7 hours)

The trekkers reach to the two hardest days, now they should wake up early at 5 o'clock to be ready to the climb Tizi n'ouanoums, it is 3664m, the trekkers today they won't have lunch, they will take picnic lunch, it will take 6hours from lake d'ifni to tizi with break and after rest in tizi trekkers will start go down to refuge Toubkal it is 1hour from tizi to refuge, they will spend night there.

# 6<sup>th</sup> Day: Last day, from refuge Toubkal to Imlil (12 hours)

The hikers are waking up early, at five o'clock, to have breakfast and ready to move at 5h30m to the climb highest peak in the North African, 4167m altitude and it will take more than three hours and half to be in the top early without feel tired. After visit the top, when the hikers are ready to come down we will start and it will take about 4 hours to reach refuge to have lunch, rest a bit and ready to come back to Imlil.