

Atlantic Journey Summary March 15-24th 2018

- I Marrakech, evening on arrival, free visit /souk
- II Atlantic Coast trekking 6 days with camels and tenting
- III Essaouira, Sidi Kaoky 1 ½ day
- IV Return to Marrakech/Airport

Date 15/3-24/3 2018
Airport Marrakech
Difficulty Technically no difficulty. 2 day transfer with minibus or Landcruiser 4 h. 6 days of trekking 3-5 h/day
3-5 h of yoga, meditation, chanting/day

Start trekking Port d´merditsène
End trekking Plage Kaoky



Accommodation

Marrakech Riad 1 night at *Riad L´orientale* day 1
Atlantic Coast 6 nights tenting or sleeping under the stars day 2-7
Sidi Kaoky, traditional guest house 2 nights *Auberge de la plage* day 8-10

Itinerary

4X4-minibus 2 x ½ days travel (4 hours on the road)
From Marrakech crossing through the plains and Argan tree valleys to arrive at the coast

Trekking with camels-yoga 6 days, 3-5 hours of hiking per day, technically no difficulty, we hike on trails, fishermen paths and beaches. The routes vary depending on water points, food supply, grazing for the camels, viewpoints and random stops meeting with the local habitants. Making sure to offer the best and most beautiful.

- all luggage will be carried by a caravan of camels
- one camel or sometimes a donkey will be assigned to assist us, carrying our lunch and the traditional tee pot. We can, if needed, attach our personal belongings for the day as well as riding the camel in case of fatigue or for pure pleasure.
- Yoga. Most of the time we arrive to our destination of the day around midday, leaving time to discover the sand dunes, hang out, drink tea in the shade of an argan tree or cliff, draw, read or just simply rest
- Twice during the trekking we will stay at the same place which allows for more in depth yoga, those specific days. One special yoga tent will be available in case of bad weather or if we so deisre.

Day to Day Program

I. Marrakech- La medina

Day 1. Evening Arrival.

We will stay on the edge of the old town, in a beautiful authentic Riad. You have the evening to discover the colorful medieval streets, browse around as you wish. The Jema el Fna the square and marketplace of the old town is walking distance from our Riad. This is also where you enter the souk and enjoy genuine craftsmanship, rhythm of popular life, gardens, other palaces, madrasahs, museums, complete turmoil and an absolute change of scenery. Day 1 includes;

- transfer from the airport to the square Jema el Fna
- followed by a short walk through the colorful streets to reach the *Riad L'orientale*
- dinner will be served at the *Riad l'Orientale*.

II. Atlantic Coast 6 days trekking – yoga with camel caravan/tenting d'Imerditsène to Kaoky.

Day 2 breakfast at the Riad, departure at 7.30 am approximately 4.30 h of driving.

Our journey begins at a small fisherman village by the name of d'Imerditsène. This rugged coastline is magnificent with cliffs, plateaus and wide beaches. Usually the only footprints you can see are from sea gulls, herons or oystercatchers and few fishermen collecting shells on the beach or mending their nets. The houses are nested one inside the other in an indescribable tangle of nets, lobster pots, canes, baited longlines and a series of hooks, boats and traps.

As we hike along the coastline we sometimes have to "play" with the tide to go down the cliffs to continue on the fishermen's trails. We encounter the local habitants and the fishermen on our journey– cherished moments, where we get to taste a very old kind of Argan oil, Argana Spinoza.

We break for lunch 1-2 h, which gives you plenty of time for contemplation in the shade of a cliff, by the beach or by an Argan tree. Most likely you will find yourself playing in the big waves of the Atlantic Ocean. You need to be aware of the sometime strong current. We meet up with our caravan of camels. We hike back up above the village on the plateau overlooking the coast. After about 3 h walk we reach Timzguida Ouffès, overlooking a beautiful bay.

- Bivouac on the plateau overlooking the ocean and a huge beach. This is where we will stay the night.

Day 3 –We stay here by the beautiful beach and practice yoga, swim, talk, meditate.

Day 4 We will take the old caravan route that once connected the former Sudan with Mogador Essaouira, 4-5 h walking. - Bivouac at the foot of the cliff, on a ridge of sand dunes, facing the ocean.

Day 5 - We walk along this beach lined with sand dunes (and many birds), along the lagoon and cross the small port of Tafna.
- We climb a valley covered with argan trees and pass the cap of Tafelney.

Great and typical fishermen habitat with beautifully decorated houses.
- The trail joins the coast downhill, cliffside. We follow two beautiful beaches and a half hilly plateau where huge waves come rolling in.
- The bivouac, will be put up above another beautiful beach in the midst of the sand dunes near the Sidi Hamed Marabout Seye, we will visit if not too busy. Hiking about 5 hours. *A marabout is a muslim religious leader and teacher in West Africa and the Maghreb. Today marabout means saint.*

Day 6 We stay at the same location. Yoga program.

Day 7 passing a small, small fisherman village called d'iftane. Here the specialty is catching lobster. Continuing hiking overlooking the ocean we will reach Marabout Sidi M'bark. About 4 hours walk.

- Bivouac on half - plateau overlooking the ocean, or near a friend's house.

III. Sidi Kaoky – Marabout – plage 1 ½ day.

Day 8 is when we reach "the big beaches" and the point of Sim. Kilometers and kilometers of sand.....Along this wild coast it is a pleasure to ride the camels or the donkeys. In the afternoon we will arrive at *l'auberge de la Plage*, where we will stay 2 nights. About 3 h of walking. Probably happy to take a hot shower and sleep in a bed. Dinner will be served at the Auberge.

Day 9 breakfast at the Auberge. Morning class on the terrace, followed by hiking and excursions to Cap Sim enjoying the large bay of Sidi Kaoky. Time to stroll around, visiting the port etc.

IV. Return Marrakech.

Day 10 generous breakfast, departure to the airport in Marrakech, about 4 h with car.

Kundaliniyoga and Meditation

Daily schedule, example.

Sadhana every morning 2h

Morning class (only on the days we stay on same location)

Afternoon class 1 ½ h

Evening meditation 31 min

In depth yoga practice invites us to transform. We are here for each other to enjoy the exciting opportunity to evolve and expand. I welcome you to join us!

Sat Nam!

