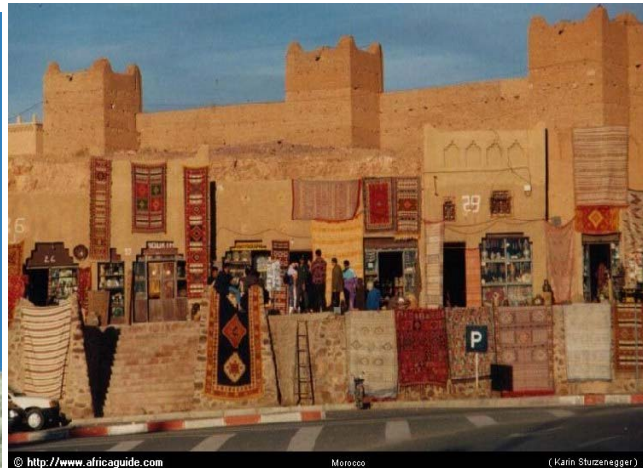


# Cycling Safaris

## Morocco – Bridge to Africa 2010



This unique cycle tour bridges Europe (Spain) to Morocco in Africa. Our first and final nights are spent on the Spanish coast, while 5 nights and 5 days of riding are in North Africa. This allows us to take advantage of the ease of crossing the Gibraltar Straits by ferry and the low cost flights into Spain. Enjoy five exotic days of riding the rural passages of Northern Morocco. This region, inhabited by both Berber hill tribes and Moroccan Arabs is a land rich in culture with wonderful landscapes, splendid food and a warm, inviting community that is accustomed to foreign visitors throughout its history.

Daily rides are carried out on both secondary roadways and the rural tracks that meander between remote Berber villages and towns and occasionally visit larger centres. The tour focuses on the Rift Mountain Berber communities, Nature Reserves and some of the coastal regions of both the Mediterranean and Atlantic. The landscape is hilly and the scenery diverse and interchanging. The overall riding level is aimed at beginner to intermediate cycle touring – not too technical nor demanding.

Accommodation is in characteristic rural hotels that are clean, secure and accustomed to international clientele. Meals are tasty and typically Moroccan – especially the tagine, cous cous and exquisite mint teas (Berber Whisky!).

There are no special health requirements necessary for North Morocco and visas are not generally required for most passports.

This trip is carried out in the classic Irish Cycling Safari way. It's easygoing and traditionally social with a special element of exoticness that doesn't sacrifice too much of one's comfort or security.

### TOUR ITINERARY

#### DAY 1 Sunday Malaga / Tarifa

Pick up Malaga Airport 4.00 p.m. (Terminal 11 Arrival Zone, near Tourist Information booth) for 2 hour shuttle to our first night in the coastal town of Tarifa, where the Mediterranean meets the Atlantic. Just 11 km across the Straits of Gibraltar at its narrowest point, this southern-most tip of Europe enjoys spectacular views of the Riff Mountains of Africa across the water. The narrow cobbled streets, tumbling jasmine and beautiful wrought-iron *regas* make Tarifa old town a charming place for a stroll.

*Accommodation: Hotel Alameda*



## **DAY 8      Sunday      TOUR END**

Morning transfer to Malaga by bus or private shuttle.

- *Itinerary subject to minor change due to road work / development.*

### **ACCOMMODATION**

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Accommodation is in characteristic rural hotels that are clean, secure and accustomed to international clientele – particularly catering to a new form of active tourism.

### **TOUR PRICE 2010**

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€1195.00 per person sharing  
€1295.00 for single occupancy

### **TOUR DATES 2010**

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May 9  
August 29  
October 10, 24

### **WHAT THE TOUR PRICE INCLUDES**

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- 7 nights accommodation with breakfast
- 4 dinners
- Guide in a support van
- **Hybrid** bicycle with pannier bag
- Route notes
- Transfers to/from Malaga \* please note that transfers are dependent on start/finish point of tour – which may be Tangier if the client is travelling Morocco before or after the tour.

### **MOROCCO - WHAT TO EXPECT**

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- Morocco has few annoyances or serious health problems. Harassment to buy items in the market place is normally the biggest hassle but it's never taken too far these days – especially with guides present.
- For up to date health information about Morocco, consult the WHO website: ([http://whqlibdoc.who.int/publications/2005/9241580364\\_country\\_list.pdf](http://whqlibdoc.who.int/publications/2005/9241580364_country_list.pdf)) and/or speak to a medical specialist that deals with travel to this region specifically.
- Travel can be slow and road conditions far worse than in Europe but remind yourself that you are on an adventure holiday and that we are all sharing the experience together!
- Refrain from drinking local water and use bottled water as it is widely available.
- Food and restaurant and picnic-prepared food in our experience is clean and well cooked and options for non – meat eaters and allergies is widely catered to. Typical dishes include cous cous, tagine stews, colourful salads, fresh fruit, fruit shakes, warm bread, olives and mint tea.
- Alcohol is not forbidden and is available in some restaurants and cafes. Having wine at dinner each night is now normal in Morocco.

- Please respect dress code of locals – bicycle shorts/t-shirts are fine on the road and in the mountains and on beaches but not usually around mosques or holy centres/town centres and market places.
- The pace of daily activities is suited for all members of the group and the diversity of interests. Please respect that operating adventure holidays in a developing country poses its share of challenges and some alterations may be necessary during the trip.
- Moroccans are primarily motivated by the flow of family life. Families come first and work second – much like in Spain. As a result, Moroccans enjoy talking about their children and asking you about your background and interests! They are very accepting of differing cultures and have interacted with non-Muslim westerners for centuries.

## WHAT TO BRING

- \*Comfortable cycling clothing – shorts, shoes, gloves etc
- \*A set of light waterproof clothing (usually not needed between June 15 and Sept 1)
- \*Hat, sunglasses and bathing suit
- \*OPTIONAL – personal cycle helmet and gel seat (helmets are provided at no extra cost)

## BIKE AND FITNESS

We use a number of types of bicycle models to suit your needs. Most of our bikes are 'hybrid' models. These bikes are designed for road touring and are also suitable for light trail riding and dirt/gravel roads. Most of our hybrid bikes have front and seat suspension, a wide range of gears (21 speed), comfortable saddles, optional toe clips, light alloy frames and quality 'Shimano' components. At times we also use lightweight mountain bikes with 'slick' tyres for road-riding. Like our hybrid models, many riders favour this style of bike for its comfort and riding security.

All bicycles have a rear pannier rack and a small soft bag on the handlebars (big enough to carry a poncho / rain coat and a light snack). All bikes also have a water bottle holder and a single water bottle. There is really no need for any extra baggage on your bikes as the support van is always nearby and does plenty of sweeps on route.

Please let us know in advance if you require any of these EXTRAS – otherwise they will NOT be included with the bikes (these come at no extra charge).

- Toe clips (indicate with or without strap models)
- Gel seat pad

The general rule on active holidays is to enjoy yourself. Sure there is physical exertion involved but you wouldn't have chosen this excursion if you weren't aware of this fact! On the other hand, a bit of mental and physical preparation could help you enjoy your week even more. We suggest that you put in some riding time at home in the weeks building up to your holiday – even on a stationary bike. Try to get out for some hours on the weekends on varied terrain and if possible on hills, not that any of our excursions are overly strenuous – it's simply a good idea to put in a few miles beforehand!

## GENERAL INFORMATION

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### Flights

We encourage our guests to arrange their flights / arrivals to and from Malaga Airport. In addition to Malaga - Seville, Jerez and Granada have more and more regular international arrivals. The airport shuttle (included in price) is to/from Malaga - unless in the event of private group bookings.

### Transport Connections to/from Malaga:

#### Train:

There are new fast connections from Madrid and all major Spanish centres. Booking can be done easily and far in advance using [www.renfe.es](http://www.renfe.es) website (English option now available on this website).

#### Bus:

Many bus connections direct to Seville from all major centres (Madrid, Malaga, Jerez, Cadiz, Gibraltar, Granada, etc.

Spanish bus companies websites:

[www.ctsa-portillo.com](http://www.ctsa-portillo.com);

[www.alsinagraells.es](http://www.alsinagraells.es); <http://www.busstation.net/main/busspa.htm>: <http://www.continental-auto.es/index.do>

### Personal Money

The local currency in Morocco is the Dirham. Euros are also widely accepted in Morocco. Both are easy to within in banks, or by using a bank card from home. We normally exchange money for Dirhams upon arrival to Tangier on the first day and then if need be, utilize our bank debit cards along the journey.