

MOROCCO

TREK ALONG THE COAST OF THE ATLANTIC OCEAN



Walk, Talk and Eat
Cecilia Swensson Health Coach

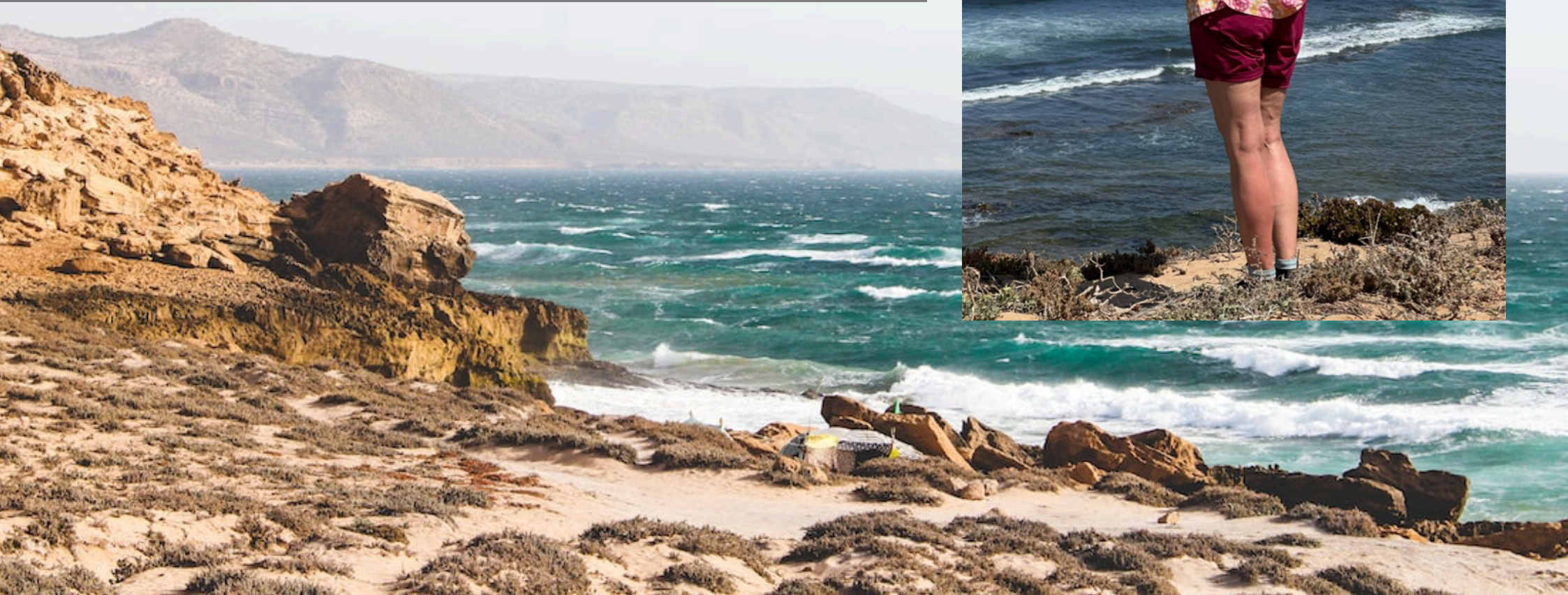




This magical adventure takes us via mini bus from Marrakesh to the Atlantic Ocean and Timzguida Oufass. Together with our guide Mohammed, we will be trekking along the coastline for 5 days, only carrying a light daypack. The rest of our gear will be carried by dromedaries between the local fishermen's villages where we will be staying.



We will be hiking for 4-6 hours per day, we will sleep in the homes of local fishermen families along the coast. Beautiful beaches for a swim, fantastic food with fresh vegetables and seafood, morning meditation in the sunrise, the shared experience of silent walking meditation, good meaningful conversations, soft yoga and other body work in the afternoons for tired limbs, sunsets over the ocean and watching stars in the night.





At the end of the trek we will arrive in the little town of Essaouira known for its surfing community. From Essouira we will travel back to Marrakesh with mini-buss, check-in to a Riad in the Medina close to the Bazars and buzzing center. You can choose to book a flight out of Marrakesh on the following day or stay for another night to visit the city if you like.

INCLUDED IS:

- Official mountain guide of Morocco
- Full board during the hike
- Accommodation in local family homes.
- Dromedaries for carrying luggage
- Transportation from the airport to the airport
- The hotel or Riad in Marrakech in Half board

EXCLUDED:

- Extras
- Personal expenses
- Repatriation insurance
- Flights

ABOUT ME



I live in Verbier and work as professional Ski Instructor at the Swiss National Ski School. I am a trained trekking guide and worked in the Scandinavian Mountain Range for 10 years, while also doing various Treks/Climbs in the Alps, Nepal, Pakistan, and China. I have been offering Trekking trips with Yoga and Massage in Verbier, Italy, Spain, Norway, India and Nepal since 2006. I am also a fully educated Massage therapist, licensed Yoga Teacher and Integrative nutrition health coach. More about my work here <http://walktalkandeat.com>