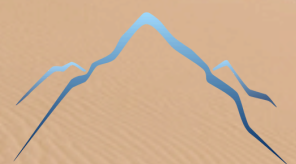


# A DESERT ADVENTURE

8 DAYS



Walk, Talk and Eat  
Cecilia Swensson Health Coach





**THIS** magical adventure takes us via mini buss from Marrakesh over the Atlas Mountain range to the Sahara Desert. Together with our guide Mohamed, we will be trekking through the desert for 5 days, only carrying a light daypack.

The rest of our gear will be carried by dromedaries between our various campsites.

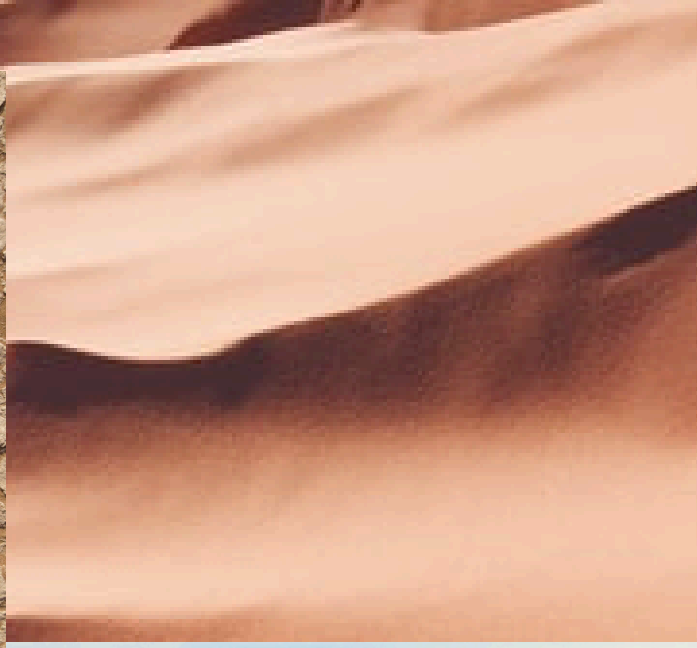






**WE** will be sleeping in tents or under the stars in sleeping bags. The staff (our Berber friends) will build our campsites, cook fantastic food and take the best care of us.





**THE** desert is a sterile region comprised of several types of topography ranging from vast rocky plains (regs) to rocky plateaus (hamadas), as well as expanses of sand (ergs). A fantastic space well suited for: morning meditation in the sunrise, the shared experience of silent walking meditation, good meaningful conversations, soft yoga in the afternoons for tired limbs and watching stars in the night.



**WE** meet and spend the first night in Marrakesh. Early in the morning the following day, we travel by minibus over the Atlas Mountains and the high pass of Tichka (2260m). to our starting point for the Trek. Day 3-7 we hike through the desert and camp under the stars. Dromedaries carry our luggage, the camping equipment, food and water.








**WE** will be walking 4-6 hours every day at a comfortable pace.

**A** typical day, starts with some Berber tea served in your tent, followed by morning meditation on a sand dune as the sun rises. Then it is time to pack your gear for the dromedaries and enjoy breakfast.



**AROUND** 8.30, we set out for the days walk. Part of it, we do as walking meditation together in silence, with Mohamed, our guide, always in the lead. He takes us through the desert, stopping for water and snacks throughout the hike. The staff organizes lunch somewhere along the route.



*IN the afternoon, there is time for some bodywork and yoga.  
Dinner is served in the main tent.*







**AFTER** the beautiful sunset, it becomes quite chilly, therefore it's nice to put on a light down jacket and spend some time together by the fire. A warm sleeping bag is waiting, whether you choose to sleep in one of the little tents or under the stars on your mattress for a spectacular night.





***DAY 8**, we travel back to civilization by jeep to the closest road and from there on we continue by minibus back to Marrakesh, where we will stay 1 night in a Riad/hotel.*

***DAY 9** It is time for departure back home.*





***Price depends on the size of the group and includes:***

- *The airport-to-airport guide, Official mountain guide of Morocco*
- *The cook during the hike*
- *Full board during the hike*
- *Lunches en route (Day 2 & Day 8)*
- *All bivouac and kitchen equipment*
- *Dromedaries for carrying luggage*
- *Transportation from the airport to the airport*
- *The hotel or Riad in Marrakech in Half board*
- *Mineral water during the hike*



***Does not include:***

*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, Morocco 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](#).*



# JOIN ME ON AN ADVENTURE!