



Touristic guide

IMI N'IFRI

A PICTURESQUE NATURAL ARCH

carved by Mother Nature, illustrating the
intoxicating beauty of this monumental gem

EDITION 2023





IMI N'IFRI

This natural arch of imposing dimensions was carved out in Lower Jurassic limestone by the Tissilt River. Here you can observe remarkable biodiversity, including the swarms of migratory and sedentary birds that seek shelter here. About 92 species have been recorded in all. Among them are some emblematic species : the peregrine falcon, the white-bellied swift, the kestrel and the

red-billed crane. This site is classified as a Site of Biological and Ecological Interest due to the richness of its flora and fauna. It is as much sought-after by scientists interested in the process of cave formation as by tourists keen to discover this fascinating world. The site and its surroundings offer a wide range of activities: excursions, hiking trails, visits to dinosaur track sites and more.

Situation



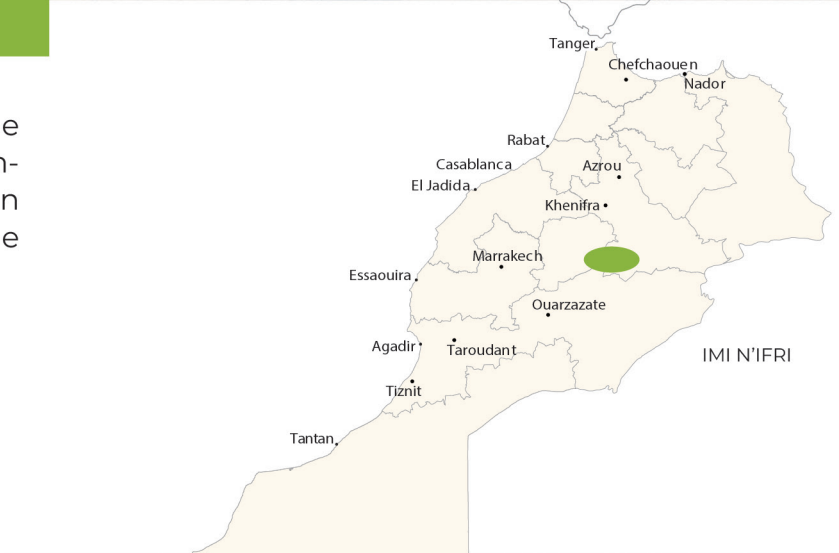
100 km from Marrakesh. 6 km from the town of Demnate on the road to Ait-Tamilil. 75km from Azilal and the M'Goun Geopark museum and 158 km from the city of Beni Mellal.

Imi n'ifri is at:

- 8 km from Demnate.
- 9 km from Iouaridene.
- 35 km from Ait Blal.
- 75 km from Ait Bouguemez.

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- Number of inhabitants : 15000
 - Altitude : 1800 – 2100 m
 - Town : Tabant

Near the bridge of Imi n'Ifri several villages to discover and explore during to your visits and your hikes.



Attractions



See and discover

SELECTION OF ATTRACTIONS

- The natural bridge of Imi n'Ifri
- The historical bridge of Ait Rass
- The dinosaur footprints of Iouaridene
- The potters' village of Boughrart
- The town of Demnate
- Imi n'Ifri's SBEI



CLOSE TO THE VALLEY

- Dinosaur footprints of Ait Blal
- Ait Bou Oulli valley
- Ait Bouguemez valley
- The M'Goun Geopark Museum in Azilal



A specific tourist guide is dedicated to the sites of Ait Bou Oulli and Ait Bouguemez.

This list is not exhaustive, a multitude of sites, landscapes, traditions and curiosities remain to be discovered according to your interests and your desires once there.

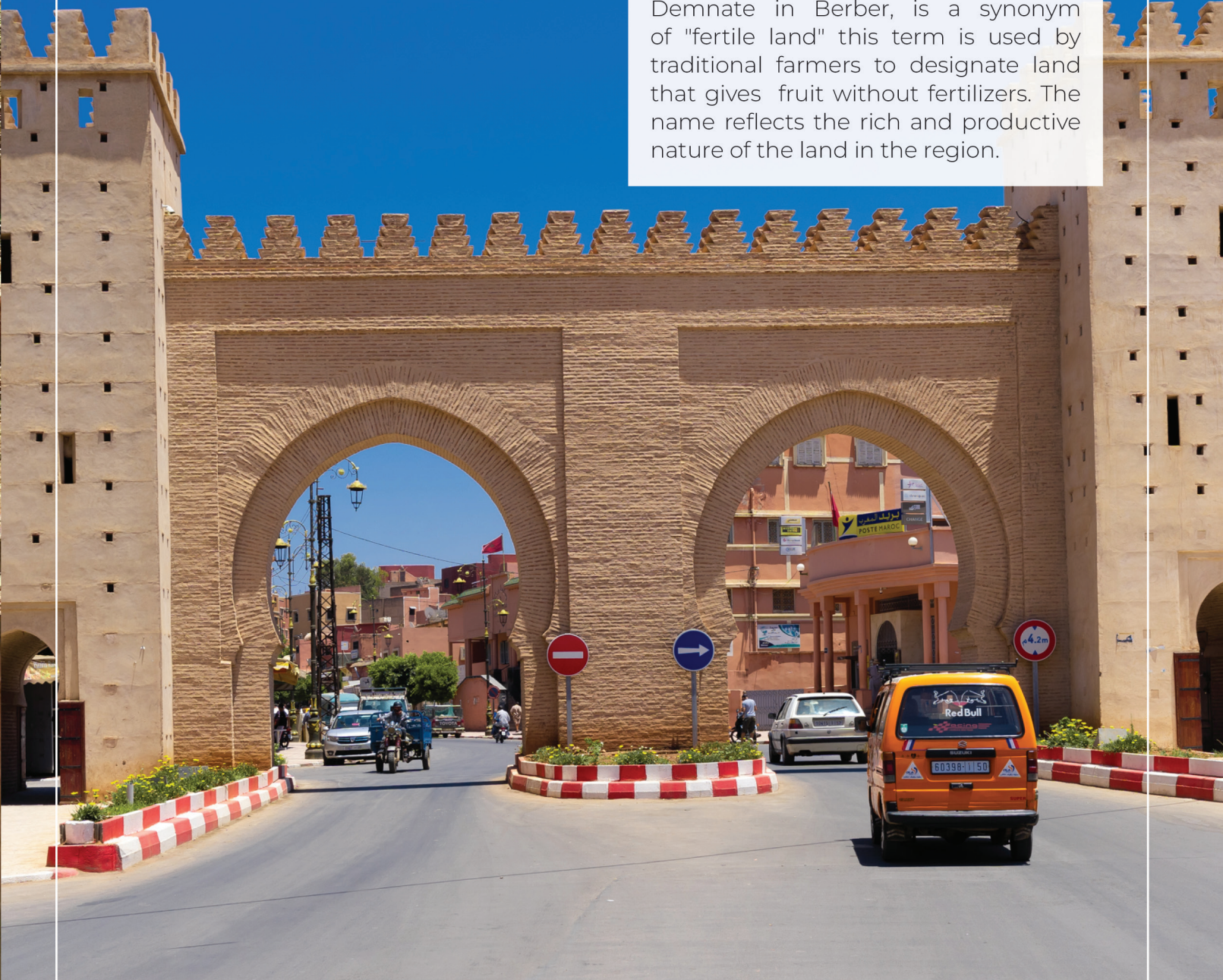
IMI N'IFRI

Imi n'Ifri means "cave entrance in Berber". The bridge dominates a narrow valley, a staircase allows you to step down to the foot of the bridge where you can admire, from a different perspective, the 50 meter high arch. Admire the stalactites and let yourself be charmed by the comings and goings of the birds. On the banks of the nearby flowing river, you can picnic on site, take a walk along the banks and enjoy the scenery.



DEMNATE

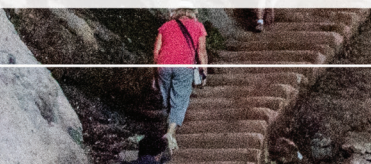
Demnate in Berber, is a synonym of "fertile land" this term is used by traditional farmers to designate land that gives fruit without fertilizers. The name reflects the rich and productive nature of the land in the region.



Nature or sports activities

- Hiking
- Mule riding
- Mountain biking (MTB)

*For sports enthusiasts
of all levels*



HIKING

The Imi n'lfri region is ideal for hiking, and the trails provide access to stunning viewpoints overlooking the valley and stone villages. Several hiking and mule trekking circuits are available, offering various durations, difficulty levels, and distances. It is recommended to engage licensed guides to accompany you during your hikes. They can provide valuable insights and ensure a safe and enriching experience.



For more information on the activities, contact one of the tourist accommodations on the site.

MOUNTAIN BIKING (MTB)

Explore the region on mountain bikes (MTB) through various half-day or full-day circuits. The difficulty level is moderate, making it suitable for most riders. Guides are available to accompany you, and MTBs can be rented for organized tours. It's a fantastic way to immerse yourself in the natural beauty of the area and enjoy an adventurous biking experience.





Workshops And various activities

POTTERY WORKSHOP

Create your own pottery and discover this ancestral know-how with the potters of Boughrar. Location: Boughrar Village. Contact: Check with your guide or your accommodation to organize this activity.

*Spend enjoyable
moments and learn
about local know-how*

Solidarity Activities



RESTORATION AND DEVELOPMENT OF HISTORICAL SITES

Participate in the restoration and enhancement of historical sites in the area with the association Ibtissamat Demnate. Location : Demnate. Contact: Association Ibtissamat Demnat: +212 0666739105



CELEBRATION OF THE EARTH DAY

Several tree planting and waste collection awareness activities are organized each year to celebrate Earth Day in collaboration with local schools and associations. Contact: M'Goun Geopark Association. www.geoparc-mgoun.ma.

*For supporters of solidarity
and sustainable development*

CELEBRATION OF THE EARTH DAY

Contribute to reforestation and nature conservation awareness actions organized by the Environmental Education Center of the Association of Life and Earth Sciences Teachers AESVT. Location : Boulevard Mohamed V Demnate. Contact: +212 662655233.



Participate in the tradition of Amazigh solidarity "Tiwizi"! If you are an amateur, do not hesitate to contact local associations, schools and cooperatives; to inform you about the solidarity projects planned. Solidarity stays can also be organized on request.

Geosites



THE NATURAL BRIDGE OF IMI N'IFRI

A geological rarity! The Imi n'Ifri bridge is a natural arch over a narrow valley carved out of Lower Jurassic limestone by the Oued Tissikht. The natural bridge is the result of the precipitation of spring water rich in dissolved calcium carbonate, which flows over the walls and is the source of the recent Quaternary travertine that forms the bridge and its facades.

*For the curious and
enthusiasts of dinosaurs
and geology.*



IOUARIDENE DINOSAUR FOOTPRINTS

This geosite of international scientific importance, one of the most famous in the High Atlas, features different types of tracks and footprints from dinosaurs that lived around 150 to 160 million years ago (Middle to Upper Jurassic). Heavy herbivorous quadrupedal sauropods and agile carnivorous bipedal theropods roamed a marshy plain here, imprinting their tracks in the mud that then dried. This stacking of layers of consolidated red ochre mud forms the formation known as the "Iouaridène red layers". These footprints constitute an international paleontological heritage that must be protected, preserved and enhanced. They are located near the road between Im n 'Ifri and Sidi Boukhalf.



AIT BLAL DINOSAUR FOOTPRINTS

An upright limestone slab dating from the Lower Jurassic (185 million years) lines the south side of the road from Demnate to Ait Boulli, near the douar of Ait Blal. Its surface is strewn with the footprints of theropod dinosaurs, probably small, light and fast carnivorous Coelurosaurian Dromaeosaurids. They form beautiful tracks imprinted in solidified limestone mud. The degree of preservation of these footprints is remarkable. The footprints are located near Ait Blal, 28 km from Imi n 'Ifri.



Solidarity Activities



*For supporters of solidarity
and sustainable development*

THE HISTORICAL BRIDGE OF AIT RASS



Traditional historic bridge, located between the 2 banks of Oued Mhasseur, integrating in its structure arches for the passage of floods. Location : right next to the IMI N'IFRI site.

DEMNATE ITS RAMPARTS, ITS MEDINA AND ITS OLIVE GROVES



These magnificent ramparts date from the Almohad period. Inside the ramparts, the old medina and the old Jewish quarter are picturesque and authentic places to visit. Outside the ramparts visit the garden of olive groves. Location: Demnate city 5 km from the Imi n'Ifri site.

Biological and Ecological riches



*For nature lovers and
ecotourism enthusiasts*

SBEI D'IMI N'IFRI

The Imi n'Ifri Natural Reserve SBEI is part of Morocco's network of protected areas. It boasts significant faunal and floral biodiversity, with nearly 172 identified species. The reserve also exhibits exceptional landscape quality. Within the Imi n'Ifri Natural Reserve, you can find orchards with various fruit trees and ancient olive trees, scattered among a dozen traditional villages (douars).

A Site of Biological and Ecological Interest is the term used for protected areas in Morocco. A SBEI is a remarkable ecosystem, with a high concentration of rare or threatened endemic plant and/ or animal species, or with a high biodiversity index.



Cooperatives



TIWIZZI ASSOCIATION FOR THE WOMEN OF AIT OUMGHAR

You can access the association by following the banks of the river at the bottom of the bridge to the small village of Ait Oumghar. The women of the village produce very good homemade jams and pretty linen clothes. Location: Ait Oumghar village near the Imi n'Ifri bridge.



Discover local products and crafts

THE POTTERY VILLAGE OF BOUHRART

Visit the village and admire the potters of Boughrart who work the clay according to ancestral techniques. Location : village Boughrart 2 km from the Imi n'Ifri site.



Museum



To go further in understanding the valley

AESVT DEMNATE MUSEUM

This museum exhibits items that showcase the cultural and natural heritage of the region, along with an exhibition about the Geopark and its geosites, as well as models of sauropods and theropods. It was established by the Association of Life and Earth Science Teachers (AESVT) Demnate, in partnership with the M'Goun Geopark Association. Location: Environmental Education Center, Boulevard Mohamed V, Demnate.





Events

Do not miss

To promote the Central High Atlas through sport and convey simple and universal values: conviviality, respect for sport and nature.

AISSAOUA AND HMADCHA FESTIVAL

This annual festival is held every year. One year by the brotherhood of Hmadcha, the following year by the Aissaoua's. This moussem lasts 2 days, the rites of each brotherhood are presented there. Other brotherhoods from other cities such as Taroudante, Essaouira, Kelaa, Marrakech... are also invited. Location: Demnate. Date: September.



AIT BLAL MOUSSEM

Annual Fantasia Moussem. On this occasion, each tribe of the region, Ait Mhamed, Ait Bouguemez, Ait Abbas... presents its songs and dances. This moussem provides an opportunity for commercial and social exchanges between inhabitants of different tribes. Location : Tizi N Oubadou. Date: October.



RABBI DAVID DRAA MOUSSEM

The annual religious Moussem of Saint Rabbi David Draa is a spiritual event that offers an opportunity for the Jewish community to solemnly express its attachment to its identity and to the values of peace, tolerance and living together. Location: Ighir n'draa. Date: May.



ACCOMMODATIONS

Hotels
Guest houses
Gites



RESTAURANTS

Restaurants are available in Imi n'lfri, especially during the summer. Throughout the year, you can find restaurants in Demnate.



DRINKING COFFEE OR TEA

Several small cafes at Imi n'lfri at the top of the bridge. Small cafes at the bottom of the arch especially in summer.



SOUK

Location: Demnate
Day: Sunday
Hours: 5:00 am to 5:00 pm.



GROCERY

Several grocery stores in Imi n'lfri and Demnate.



CLIMATE



Maximum temperature 37° (July-August), minimum 0° (December to February).

ROADS



The majority of the main roads are paved.

FUEL



Several gas stations in Demnate.

TRANSPORT



Large taxis between Demnate and Imi n'Ifri less than 15 minutes journey.

DANGERS AND INCONVENIENCE



Very safe rural communities. In case of heavy rains in the mountains, some small risk of flooding. In winter the road can be cut off by snow for a few hours. Do not go into the mountains without a licensed guide who knows the area.

PHARMACY AND EMERGENCIES



Pharmacy and hospital in Demnate.

MONEY



Bank counters in Demnate. Some accommodations only accept cash. Possibility to pay by credit card and with Euros in some accommodations

TELEPHONE AND INTERNET



All telephone operators have a network operating in the valley.

TOURIST GUIDES



List of approved guides on the CRT : www.visitbenimellal.com Accommodations can put you in touch with licensed guides.

LANGUAGES



The predominant language in the region is Tamazight followed by dialectal Arabic. Most accommodation owners and all guides are fluent in at least French and English.

Here are some words in Tamazight to make your stay more pleasant:

Hello

Thanks

Please

Good night

Good morning

Salam

Tanmert

Irbi

Timnsiuin

Sbahlkhir



Help us save the M'Goun Geopark

Let's preserve cultural heritage by supporting authentic experiences.

Let's respect the local culture and support communities by purchasing local products and by participating in solidarity activities.

Let's preserve our biological and ecological heritage.

Water is a limited resource. Let's reduce its consumption by using tap water and shower water wisely and reusing towels in our accommodation facilities.

Let's reduce our energy consumption in terms of air conditioning and electricity in the accommodation facilities.

Let's dispose of our waste in appropriate places to preserve the environment and the beauty of the valley.

THANK YOU FOR CONTRIBUTING TO SUSTAINABLE
DEVELOPMENT OF OUR M'GOUN GEOPARK!



M'GOUN UNESCO GEOPARK

The M'Goun UNESCO Geopark is the first Geopark in Morocco, Africa and the Arab world. This protected territory includes a large number of geosites of exceptional interest and many places of high ecological, archaeological, historical and cultural value. There are notably remarkable footprints of sauropod and theropod dinosaurs as well as numerous deposits of dinosaur bones.

Located in the Central High Atlas between Beni Mellal in the north and the crest line of Ighil M'Goun in the south, the M'Goun Geopark covers an area of approximately 5700 km² and includes 15 municipalities: Azilal; Demnate Tilouguite Zawiya Ahançal Tabant Ait M'Hamed; Ait Taguella Agoudi N' Lkheir Ait Abbas; Ait Boulli; Ait Blal Sidi Boukhelf Tifni Anergui and Boutferda.

Contact: M'Goun Geopark Association, Azilal Morocco. www.geoparc-mgoun.ma.



The M'Goun Geopark authentic experiences

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Conseil Régional
du Tourisme
Beni Mellal Khénifra



منتزه جيوبارك مگون
+80+44 1780.0K | CX81
GÉOPARC M'GOUN

