

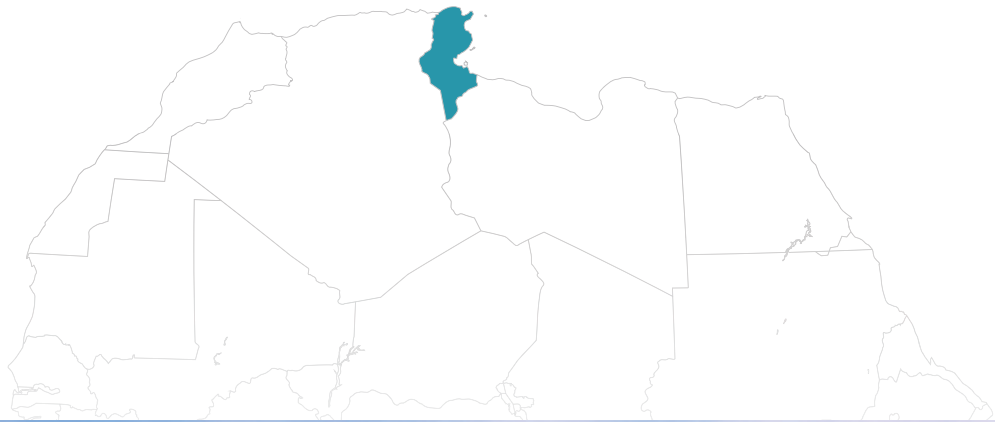


MEDITERRANEAN

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# ADVENTURES

Hiking e-guide



# TUNISIA



Primary trail

## 1. La Grande Traversée du Dahar GTD

Secondary trails

2. Zaghouan National Park
3. Shitana
4. El Feidja National Park
5. El-Haouaria
6. Oued Zen

Located in north Africa, Tunisia is the gateway to the Sahara desert and has a wealth of hidden gems to be discovered. Surrounded by the silence of the desert, visitors can enjoy the oasis, the dunes, the Berber villages and the serenity of this vast territory.

Hiking through the country gives visitors the opportunity to experience part of its culture and traditions, and to carry away an unforgettable memory of the landscapes and nature observed while relaxing around a good fire or sleeping under the starry sky.



# 1. TRAVERSÉE DU DAHAR

**TUNISIA**



## **LA GRANDE TRAVERSÉE DU DAHAR**

**GTD**

from Tamezret  
to Douiret





# 1. TRAVERSÉE DU DAHAR

from Tamezret to Douiret

**TUNISIA**

DISTANCE	DURATION	ELEVATION GAIN	ALTITUDE
<b>194 km</b>	<b>12 stages</b>	<b>+6.153 m / -6.056 m</b>	<b>240 m / 650 m</b>

#### START / FINISH

Tamezret / Chenini.

#### BEST TIME TO VISIT

Spring and autumn.

#### SIGNPOSTING

Some, but advisable to use a local guide.

#### TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Challenging.





# 1. LA GRANDE TRAVERSÉE DU DAHAR from Tamezret to Douiret

TUNISIA

## DESCRIPTION OF THE ROUTE

The trail, in a mountainous region on the edge of the Sahara, not far from the island of Djerba, crosses the Dahar mountain range, and nine municipalities in the governorates of Gabès, Médenine and Tataouine, passing through Tamezret, Matmata, Toujane, Beni Khedache, Ghomrassen, Douiret and Chenini. From the Berber village of Tamezret to the Ksour of Ghomrassen, from the "Dinosaur Trail" to the troglodytes of Douiret, the trail allows visitors to explore the striking landscapes of Dahar on foot!

The region is full of curiosities: geological sites, fossils, traditional granaries, oil presses, wild flora... You can hike alone (marking is in progress) or with a guide native to the region.

## ATTRACTIONS ALONG THE ROUTE

- > Berber village of Tamezret
- > Dinosaur trail
- > Troglodytes of Douiret
- > Ksour of Ghomrassen

MORE INFORMATION : [destinationdahar.com](http://destinationdahar.com)





# 1. LA GRANDE TRAVERSÉE DU DAHAR

from Tamezret  
to Douiret

TUNISIA

## STAGE 1 > Tamezret - Matmata

START: Tamezret

FINISH: Matmata

DISTANCE	DURATION	ELEVATION GAIN
<b>16.40 km</b>	<b>7 h 15'</b>	<b>+646 m / -700 m</b>

## STAGE 2 > Matmata - Beni Zelten

START: Matmata

FINISH: Beni Zelten

DISTANCE	DURATION	ELEVATION GAIN
<b>17.30 km</b>	<b>7 h 10'</b>	<b>+549 m / -667 m</b>

## STAGE 3 > Beni Zelten - Toujane

START: Beni Zelten

FINISH: Toujane

DISTANCE	DURATION	ELEVATION GAIN
<b>15.20 km</b>	<b>7 h 10'</b>	<b>+690 m / -580 m</b>

## STAGE 4 > Toujane - Zmertén

START: Toujane

FINISH: Zmertén

DISTANCE	DURATION	ELEVATION GAIN
<b>8.7 km</b>	<b>4 h 50'</b>	<b>+438 m / -390 m</b>

## STAGE 5 > Zmertén - Menzelt Mogr

START: Zmertén

FINISH: Menzelt Mogr

DISTANCE	DURATION	ELEVATION GAIN
<b>25.00 km</b>	<b>8 h 10'</b>	<b>+575 m / -571 m</b>

## STAGE 6 > Menzelt Mogr - Zammour

START: Menzelt Mogr

FINISH: Zammour

DISTANCE	DURATION	ELEVATION GAIN
<b>11.10 km</b>	<b>4 h 15'</b>	<b>+459 m / -353 m</b>





# 1. LA GRANDE TRAVERSÉE DU DAHAR

from Tamezret  
to Douiret

TUNISIA

## STAGE 7 > **Zammour - Ksar Jouamaa**

START: Zammour

FINISH: Ksar Jouamaa

DISTANCE	DURATION	ELEVATION GAIN
<b>16.50 km</b>	<b>6 h 55'</b>	<b>+524 m / -549 m</b>

## STAGE 8 > **Ksar Jouamaa - Ksar Hadada**

START: Ksar Jouamaa

FINISH: Ksar Hadada

DISTANCE	DURATION	ELEVATION GAIN
<b>25.70 km</b>	<b>8 h 25'</b>	<b>+574 m / -739 m</b>

## STAGE 9 > **Ksar Hadada - Insefri**

START: Ksar Hadada

FINISH: Insefri

DISTANCE	DURATION	ELEVATION GAIN
<b>11.70 km</b>	<b>5 h 00'</b>	<b>+317 m / -397 m</b>

## STAGE 10 > **Insefri - Guermessa**

START: Insefri

FINISH: Guermessa

DISTANCE	DURATION	ELEVATION GAIN
<b>26.10 km</b>	<b>9 h 40'</b>	<b>+581 m / -434 m</b>

## STAGE 11 > **Guermessa - Chenini**

START: Guermessa

FINISH: Chenini

DISTANCE	DURATION	ELEVATION GAIN
<b>12.60 km</b>	<b>5 h 40'</b>	<b>+418 m / -436 m</b>

## STAGE 12 > **Chenini - Douiret**

START: Chenini

FINISH: Douiret

DISTANCE	DURATION	ELEVATION GAIN
<b>7.70 km</b>	<b>4 h 15'</b>	<b>+382 m / -312 m</b>





# 2. ZAGHOUAN NATIONAL PARK

**TUNISIA**



## **ZAGHOUAN NATIONAL PARK**

from Sidi Bougabrine,  
Zaghouan  
(circular route)







## 2. ZAGHOUAN NATIONAL PARK

from Sidi Bougabrine, Zaghouan

### TUNISIA

DISTANCE	DURATION	ELEVATION GAIN	ALTITUDE
<b>6.25 km</b>	<b>4 hours</b>	<b>+614 m / -614 m</b>	<b>661 m / 1.266 m</b>

#### START / FINISH

Sidi Bougabrine, Zaghouan

#### BEST TIME TO VISIT

Spring and autumn.

#### SIGNPOSTING

None. It is advisable to use a local guide.

#### TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Medium.





## 2. ZAGHOUAN NATIONAL PARK from Sidi Bougabrine

TUNISIA

### DESCRIPTION OF THE ROUTE

Zaghouan is an historic town in northeast Tunisia, spreading over the slope of Mount Zaghouan (1295m). The city is an agricultural centre and is known for the production of rose essence.

Zaghouan houses parts of a Roman aqueduct and canal network that was constructed during the time of the Emperor Hadrian in the second century BC. These infrastructures, starting at the so-called Water Temple, carried water for more than 130km from Zaghouan to Carthage.

This area is known as well for its hiking trails, including the “water trail”, which follows the historic path from Zaghouan to Carthage. There are also plenty of interesting trails to walk along in the Zaghouan National Park and in the urban parkland around the Water Temple.

### ATTRACTIONS ALONG THE ROUTE

- > Zaghouan National Park
- > Historic town
- > Roman aqueduct and canal network
- > Water Temple





# 3. SHITANA

**TUNISIA**



## **SHITANA**

from Nefza  
(circular route)





# 3. SHITANA

## from Nefza

### TUNISIA

DISTANCE	DURATION	ELEVATION GAIN	ALTITUDE
<b>80.62 km</b>	<b>1-4 stages</b>	<b>+1.832 m / -1.832 m</b>	<b>5 m / 460 m</b>

#### START / FINISH

Nefza.

#### BEST TIME TO VISIT

Spring and autumn.

#### SIGNPOSTING

None. It is advisable to use with a local guide.

#### TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Challenging.





### 3. SHITANA from Nefza

TUNISIA

#### DESCRIPTION OF THE ROUTE

The Shitana Trail is a hiking route located in the Shitana Mountains and since 2020 has offered an ultratrail. This area, not far from the sea, is a beautiful place for walking. It also allows visitors to discover the gastronomy and traditions of the country at its best.

#### ATTRACTIONS ALONG THE ROUTE

- > Shitana Mountains
- > Gastronomy
- > Mediterranean sea views





# 4. EL FEIDJA NATIONAL PARK

**TUNISIA**



## **EL FEIDJA NATIONAL PARK**

from entrée du parc  
Feidja National Park





## 4. EL FEIDJA NATIONAL PARK

from entrée du park Feidja National Park

**TUNISIA**

DISTANCE

**17.23 km**

DURATION

**6 hours**

ELEVATION GAIN

**+510 m / -510 m**

ALTITUDE

**720 m / 1.150 m**

START / FINISH

Entrée du park Feidja national park.

BEST TIME TO VISIT

Spring and autumn.

SIGNPOSTING

None. It is advisable to use a local guide.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Medium.





## 4. **EL FEIDJA NATIONAL PARK** from entrée du park Feidja National Park

TUNISIA

### DESCRIPTION OF THE ROUTE

El Feijda National Park is located in north-western Tunisia, west of Jendouba, and only a few kilometres away from the Algerian border. It's a beautiful forested area crossed by quietly flowing streams. The entire area is protected as it is home to the Barbary deer, a species endemic to the humid forests of North Africa. It has 2600 hectares of oak forest with a range of wildlife and several good hiking options. There are impressive, panoramic views over the thick forests, especially from Mount "Kef El Nagcha".

### ATTRACTIONS ALONG THE ROUTE

- > El Feidja national park
- > Barbary deer
- > Panoramic views







# 5. EL-HAOUARIA

**TUNISIA**



## **EL-HAOUARIA**

from Al Huwariyah  
to Eastern Hawaria





## 5. EL-HAOUARIA

from Al Huwariyah to Eastern Hawaria

**TUNISIA**

DISTANCE

**10.85 km**

DURATION

**4 hours**

ELEVATION GAIN

**+492 m / -546 m**

ALTITUDE

**1 m / 362 m**

START / FINISH

Al Huwariyah / Eastern Hawaria

BEST TIME TO VISIT

All year round.

SIGNPOSTING

None, but the route is easy to follow.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Easy.





## 5. **EL-HAOUARIA** from Al Huwariyah to Eastern Hawaria

TUNISIA

### DESCRIPTION OF THE ROUTE

El-Haouaria is a quiet city close to the sea, located 50km from Nabeul. It has a population of 9000 inhabitants and it's famous for falconry. Many families are involved in this activity while others work in the agriculture, mainly peanut farming.

Close to the city there are the Haouaria grottos that were ancient Roman quarries, partly open and partly underground. The Bat Cave (French: Grotte des Chauves-souris) was declared a nature reserve in 1993.

### ATTRACTIONS ALONG THE ROUTE

- > El-Haouaria grottos
- > Cap Bon Peninsula
- > Lighthouse





# 6. OUED ZEN

**TUNISIA**



## **OUED ZEN**

from Aïn Draham  
to Pont Oued Ezzen





## 6. OUED ZEN

from Aïn Draham to Pont Oued Ezzen

**TUNISIA**

DISTANCE

**32 km**

DURATION

**10 hours**

ELEVATION GAIN

**+1.125 m / -715 m**

ALTITUDE

**350 m / 815 m**

START / FINISH

Aïn Draham/ Pont Oued Ezzen.

BEST TIME TO VISIT

All year round.

SIGNPOSTING

None. It is advisable to use a local guide.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Challenging.





## 6. OUED ZEN from Ain Draham to Pont Oued Ezzen

TUNISIA

### DESCRIPTION OF THE ROUTE

The Oued Zen National Park is located in the administrative area of Ain Draham, about 200 kilometres west of Tunis and about fifty kilometres west of Jendouba. The park covers an area of 6700 hectares consisting mainly of Zeean oak forests.

The park is part of Kroumirie which is the wettest region of Tunisia and home to many local plant and animal species including the amazing Atlantic deer.

The rocky paths pass alongside areas of clear water, making it an ideal destination to spend quality time surrounded by nature. Walking is the best way to explore this natural greenery while also enjoying the cool water flowing into the valleys and the quietness of the forest.

### ATTRACTIONS ALONG THE ROUTE

- > Bulla Regia ruins
- > Beni M'tir dam
- > Oued Ezzen National Park
- > Pont Oued Ezzen





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