

# Kerkennah by bike: adrenaline, terroir and culinary experiences with Abderrahmane



## Immersive culinary cycling experience off the beaten track

Ideal for relaxing and cycling in the heart of nature. Between the wild palm trees and pristine coasts of Kerkennah Island, our experience is a concentrate of cultural and culinary discovery. It allows you to discover our island in a different way, with its vast expanses of space, its people, its daily life and its gastronomy. What better way to discover all this than on a bike, while entering into a symbiotic relationship with your body and mind. We also offer you the experience of cooking in the middle of nature and a moment of relaxation by the sea.

Period: year-round

Duration: ½ day

Participants: 5 to 15 people

Level: Accessible to all

Languages: French, Arabic

Location: Discover Kerkennah, Ramela, rue en face de l'immeuble Batam 3070 , Kerkennak

Transport and accommodation: Not included in the experience (on request)

## Your hosts : Abderrahmane Chakchouk

I'm a young local guide from Kerkennah. He's passionate about mountain biking and meeting new people. I like to share and exchange. As an activist and campaigner for sustainable development, I'll be delighted to guide you through the trails and paths of my island and help you discover its secrets.

## Highlights of the experience

- Discover and visit Kerkennah Island;
- Different circuits are available to suit all tastes and levels of fitness and experience;
- Discover local nature, flora and geology;
- Meeting the local population;
- Visit the workshops of local artisans;
- Visit the fishing village and meet the fishermen;
- Tasting of local specialities;
- Preparing lunch by the sea.

## Ideal if you're looking for activities for...

- Families with children ;
- Retirees;
- Couples;
- Solo travelers;
- Groups of friends,
- Mountain bike clubs.

## The spirit

This experience is part of a sustainable and ecological philosophy. We're off to discover untouched nature and places still far from mass tourism. I'm counting on you to respect the environment and the habits of the local population.

The experience also offers opportunities to meet local fishermen and artisans and share a few moments with them. They're not used to receiving people, but they're very hospitable and friendly. The visits also encourage them to continue their food-producing activities.



We've got you covered...

- Arrival on the island. Welcome and discussion of the experience.
- Handling mountain bikes and helmets. Explanation of safety instructions.
- We then set off to discover the island and its unspoilt nature. The experience offers you a concentrate of energy, happiness and pleasure. We get the adrenalin pumping with our pedals. The landscape changes, and you meet more and more people (craftsmen, fishermen, farmers...). Each stop is a moment of discovery and exchange.
- We continue on to the fishing village to meet a craftsman who makes fishing cages, then

a barcassier specializing in octopus fishing.

- We set down by the beach to prepare our meal. I've put together a selection of fresh island produce to round off our discovery with a moment of pure delight.
  - After lunch, we cycle back to the starting point.
- End of the day.

## Price

- On request.
- Our prices include: organization of the experience, guide's fees, mountain bike rental with helmet, backpack if necessary and baby seat, visits and tasting experiences during the itinerary, lunch.
- Our prices do not include: transport to and from Kerkennah, insurance and extras.
- Terms of payment: please consult the host.
- Reservation and cancellation policy: consult host.

## Recommendations for the workshop :

Comfortable shoes and clothing, and a cap or hat.

## Contact us

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