



Mount Toubkal and Winter Atlas Expedition

Information Pack

EXPEDITION OVERVIEW

Mount Toubkal (4167m) in the High Atlas Mountains, is not only Morocco's highest peak, but the highest summit in North Africa and this incredible range provides some of the most spectacular winter trekking on earth! With its traditional villages, friendly Berber, awesome trails and jaw dropping mountains, this dramatic and beautiful area takes on a magical appearance in the summer. A mere two hours' drive from vibrant Marrakech, the high valleys of the Berbers are at their most beautiful during this season.



WHAT'S NOT INCLUDED

- ✓ Personal clothing and equipment
- ✓ Food and drink outside of the itinerary
- ✓ Travel costs to and from Morocco
- ✓ Tips for the

PREVIOUS EXPERIENCE

We always recommend that you take some time to do some training, after all the fitter you are the easier it will be for you.

You need to be comfortable walking for 5-7 hours a day with around 1500m (4500ft) of ascent.

WHAT WE PROVIDE

- ✓ An in-country support team including mule and Guides
- ✓ Transport in Morocco
- ✓ Food and accommodation
- ✓ Transfer to and from the Airport
- ✓ Pre Exped-support

CATTERING

Our cooks pride themselves on their cooking and ensure all food on the trek is freshly prepared using local ingredients and there is plenty for everyone. A typical menu on this trip would be:

Breakfast: Porridge or cereal, fresh bread with cheese, jam, margarine, fried eggs, omelets, tea, coffee, hot chocolate and hot milk.

Lunch: A light lunch consisting of fresh salad, tinned fish or meat, bread, cheese, followed by fresh local fruit.

Dinner: A hot meal is served every night consisting of soup, traditional Moroccan cuisine of Tajine or couscous with meat and vegetables or the occasional pasta meal, followed by fresh fruit and drinks.

TIPPING

Tipping is an accepted part of life in Morocco. We generally tip our local staff as hole group and would recommend around £45 -£50 per person.

VISAS AND PERMITS

Visas for entry into Morocco are not required by nationals of the UK, Ireland, USA, Canada, Australia, New Zealand and most EU countries.

CURRENCY

The currency in Morocco is the dirham (MDH) but you cannot get dirham outside of Morocco - therefore take UK sterling, Euro or US\$ and exchange on arrival.

LANGUAGE AND TIME

Language: Arabic and Berber are the official languages, but most people also speak French. English is spoken by our Marrakech representatives and most of our Moroccan guides, but it will be very basic.

Time: GMT/BST. Morocco has summer time as in UK, but the changeover is on different dates to us!

GROUP AND LEADERS

A fully qualified UK leader will accompany all groups of four or more passengers. He/she will be assisted by an experienced Moroccan leader.

For private trip of any number there will always be a member of the Adventuring team.

WEATHER

The weather should be pleasant during the day with cooler evenings and nights. Morocco is very hot from spring to autumn, the hottest months being June to August. The higher you are the cooler it will be. Walkers should realize however that weather in the high mountains is unpredictable and should be prepared for this. It will be cold on the early starts and in the evenings at altitude in early and late season.

ITINERARY OVER VIEW

Day number	Today we	We stay in	Your accommodation is	Meals included
1	Fly into Morroco - Transfer to Imli and trek to base camp	Imli	Hotel	D
2	Today is an expedition pre day where we will pack any other equipment we need for the trip. In the morning we will take a walk up to about 2000 meters over around 4-5 hours.	Imli	Hotel	B / L / D
3	Depart from Imli and walk to base camp.	Imli / Base camp	Refugee	B / L / D
4	Summit Toubkal and trek back to Imli where we will transfer to Marrakesh	Marrakesh	Hotel	B
5	Depart Marrakesh	Home	Home	B

DETAILED ITINERARY

Day 1- Pick up from Marrakech Airport and transfer straight to our hotel in Imli as small village at the base of toubkal where our expedition will start. The drive from the the Airport is around 2.5 hour long. Once we have arrived there will be dinner / lunch waiting and an opportunity to relax after a long day traveling.

Day 2- Today is our first all day in Morroco and opportunity to for use spend some time packing our bags for the trip a head if you're on a winter trip it is here that will give your crampons and ice axe. The afternoon is spend stretching our legs on walk to a local peak sitting at around 2300 meters. This is a great chance for you to carry your exped bag and make sure everything is okay as well as an acclimatization walk. In the evening your be able to head in the village and see some of the local sight before an early start tomorrow for as we start our summit bid.

Day 3 - After breakfast we will transfer to Imli where we will meet our support team and start the main part of our trek to base camp, heading along the Mizane Valley, we first pass the village of Aremd and then onto the shrine of Sidi Chamarouch. We then continue east and by crossing the flood plains our route takes us along mule tracks and up into the high rocky cliffs above the valley. Crossing the river, awe eventually come to the pastoral shrine of Sidi Chamarouch, which attracts tourists and pilgrims. From here the trail continues to climb steadily, snaking and zigzagging its way up to the snowline and the refuge (3206m). You will camp the night in the refuge.

Day 4 - Early in the morning we make our attempt on the summit of Jebel Toukbal, the highest peak in Northern Africa. Our route takes us up the south cirque, crossing the stream above the refuge. The walking is relatively straightforward, but the scree and the altitude will make the going quite difficult in parts. The views along the way make the journey more than worthwhile. When you reach the summit, you will see that the vistas across the surrounding landscape are quite breathtaking. We will retrace our steps when we return down the mountain where we will have lunch before heading back down to Imli where we will transfer back to Marrakesh to our hotel for the night – After a shower it's time to head out and explore the Markets and celebrate an amazing trip

Day 5- Today we have a slow morning and enjoy a traditional Moroccan breakfast before heading to the airport.



EQUIPMENT

All our leaders will carry an emergency shelter, comprehensive first aid kit, phone, sleeping bag, and navigational equipment.
You will just need your personal equipment as below:

Item	Notes	✓ Packed
Large hold bag	This is for all your stuff – Try to avoid wheelie bag	
25 – 30-liter ruck sack ***	A waist strap and sternum strap are great for spreading the load – Walk around before with your bag packed to ensure its comfortable.	
Sleeping Bag	A good warm sleeping bag – Recommend something that is rated 3 seasons	
Wash kit	A selection of personal washing and hygiene items	
Pants and socks	Good trekking socks are ideal	
warm layer	A good warm insulated down jacket / Jumper / Synthetic layer and lots of them	
Gloves and Hat	Pack 2 pairs of each in case 1 gets wet	
Waterproofs	Top and bottoms ensure they are waterproof	
Blister plasters & pain killers	Always handy to have	
Medication	Any medication that you are on please note we should be aware of this before the start of the challenge.	
Headtorch and spare battery's	A good place to put your torch is the top of your bag where it can be easily accessible	
Camera	For those awesome shots	
Snacks	See note on next page	
Water - min 2 liters	A hydration system such as a camel back is best and comes recommended. Water favoring such as Robinsons makes for a nice treat.	
Winter walking boots + Crampon's	Normal trekking boots will not do, you need a min of B1 boots for winter mountaineering Your also need a set or crampons again min of C1 rating.	
Walking top and bottoms	Softshell pants are best, Merino layers work well as they are both warm but breathable.	
Change of clothes	Pack extra sock's / pants and full sets of clothes for the trip	
Towel	For washing	
Blow up pillow and ear plugs	To help you sleep	
Flip flops	To allow your feet to rest in between peaks	
Talcum powder	Helps with blisters and soothes your feet while resting.	
Sun cream	A good SPF is advised although we are going into the mountains we can still burn	
Passport / Insurance / cash	Speaks for its self	

Adventuring and the whole team would like to wish you every success on your challenge. Very shortly you will be added to an event group on Facebook where you'll be able to contact our team share pictures and talk to other participants about the challenge. However, if you do have any questions all please feel free to contact the office at any time.

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Participation Statement

Adventuring recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.