



Summit Morocco's highest peak

# MOROCCO: MOUNT TOUBKAL TREK

9 - 13 August 2024



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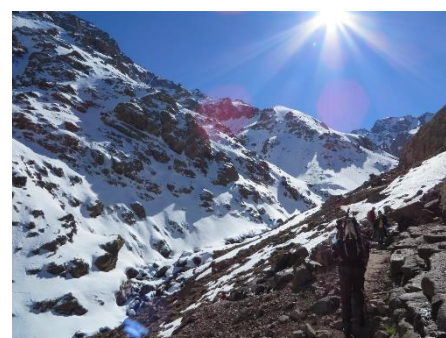
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## Mount Toubkal

9 – 13 August 2024



## Trip overview

### Trek overview

This 5-day trip takes you on a journey through the High Atlas Mountains of Morocco to the highest peak in Morocco and all of North Africa, the famous Mt Toubkal at 4,167m. This trip is graded challenging and you must be at a good level of fitness by departure to ensure you have the best chance of success and the greatest enjoyment.

### Morocco

Situated in North West Africa, the Kingdom of Morocco is a country with a population of over 35 million people. Morocco has a diverse geography with both Atlantic and Mediterranean coastlines in addition to a rugged mountainous and desert interior. The mighty Atlas Mountains and vast Sahara Desert makes Morocco an adventure lover's paradise, and Marrakech is a wonderful place to start your challenge with a mixture of spicy aromas, peaceful mosques, diverse entertainers and a cacophony of merchants in the bustling medina. Although the country is only separated from Europe by the straits of Gibraltar, Morocco feels like a whole world away in terms of culture, climate and scenery.

### Mount Toubkal

Located in the High Atlas Mountain range a spectacular peak awaits. Jbel Toubkal is Morocco's highest peak and offers a tempting challenge to adventurous and fit trekkers. This non-technical peak, at 4,167m altitude, offers great trekking in the rugged and dramatic Toubkal National Park. The first recorded ascent of Toubkal was in 1923 although the mountain is likely to have been summited long before this by Berber tribesmen during hunting trips.

### Berbers

The Berbers (or Amazighen – 'free people') are an ethnic group indigenous to North Africa whose culture can be traced back over 4,000 years. Traditionally, Berber men take care of livestock and Berber women take care of the home and make handicrafts for use around the home and to sell. The lifestyle is generally nomadic or semi-nomadic and there are large Berber communities in the rural parts of the country.



## What is the experience like?

### Who accompanies us?

This trek is accompanied by professional English-speaking local guides who have an excellent knowledge of trekking in the region and are first aid trained. You will also be supported a full support crew of cooks, muleteers (and mules) and a Different Travel Company UK tour manager.

### How tough is it?

This trek is graded challenging. You will be camping for two nights, the summit day is tiring, the terrain is steep and you will trek for up to 8 hours a day, starting early in the morning. Although tough, this challenge is achievable for anyone with a good level of fitness who has trained appropriately. It is important that you stay positive, remember your goal, and keep your own steady constant pace. The hard work pays off after you reach the top and are greeted by spectacular views.

### What is the terrain like?

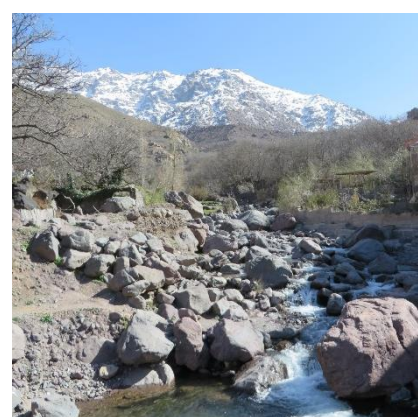
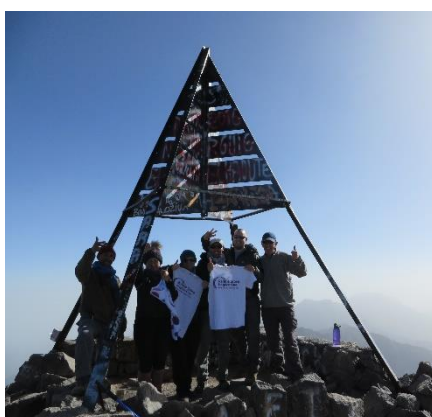
The terrain is generally very stony and dry with some sections of loose scree and small boulders you may have to scramble over. There may be snow on the ground. Towards the summit there may be exposed areas but your guides will offer you support throughout. There will be lots of uphill sections and subsequent descents, so it is very important that you have done adequate training on hills before departure.

### Altitude

The summit of Toubkal is 4,167m however exposure to altitudes above 3200m (the elevation of your campsite) is limited to the trek from camp to the summit (4,167m) and back over the course of 4-6 hours. As such there is only a small chance of altitude related symptoms. See below for more details.

### What is the climate like?

Temperatures in the Atlas Mountains in August can reach highs of 40°C but wind chill may make this feel colder and temperatures can drop to around 5°C after the sun sets. Some snow may remain on the higher slopes of Toubkal and if conditions require it you may need to use crampons (which can be hired in Imlil if required – approx. €5 per day). It is unlikely that snow will fall during the trek, however it is not impossible. Although the temperatures and conditions above are historically accurate, climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. Should this happen the guide will assess the situation and make decisions to ensure the best enjoyment and ultimately the safety of the group as a whole.



## Where will we stay?

You will stay in a guesthouse in Imlil for one night before the trek, camp near the refuge on the mountain for two nights and then spend the final night of the challenge in a hotel in Marrakech. While camping you will be provided with a foam mattress but you will need to bring your own sleeping bag suitable for temperatures as low as 0°C.

## What about meals?

Typically breakfast comprises bread, eggs and hot drinks. Lunch will be bread, cold salad, fresh and dried fruits. Evening meals tend to begin with a hot or cold salad, followed by a tagine (a traditional fish, chicken or lamb stew with vegetables served in a clay pot) served with bread and couscous (made from semolina) accompanied by vegetables. A cup of sweet mint tea is commonly drunk to end the meal.

## Practical information

### Is there an age limit?

You must be 18+ to join this trek. It may be possible for you to participate if you are 16 or 17 years old if accompanied by a parent or guardian. There is no upper age limit.

### Who can take part?

An ideal candidate for the trek would be someone who enjoys trekking and being out of their comfort zone, is interested in different cultures and is willing to train for the challenge. The minimum age is 18, although 16-17 year olds may register if accompanied by a parent or legal guardian.

### How fit do I need to be?

You should have a good level of fitness to ensure fast recovery from each day of trekking.

### How should I prepare?

You must engage in training (including plenty of walking up and down hills) when you sign up to this trip to ensure your best chance of enjoyment on the trip. This could include hill walking, running, cycling, gym workouts, boot camps, etc. You can download a number of free apps to help you train and track your progress, e.g. MapMyWalk, C25K, MyFitnessPal, etc. Attempting to complete the trek without training will make it more challenging than necessary and will be detrimental to your experience, and the experience of your teammates.



## Health declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing this booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP. We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

In the event that your medical issues represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your deposit will be refunded. Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

## COVID-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination. Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or Morocco prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us on [info@different-travel.com](mailto:info@different-travel.com).



## Trip cost

A £345 registration fee is payable at the time of booking, then you can either pay your own tour costs balance of £575 by 31 May 2023 (self-funded option\*) or you can fundraise £1,150 by 17 May 2024 for your chosen charity which includes your £575 tour costs balance and a £575 donation to charity (fundraising option).

There is also the option to extend your stay after the trek to explore more of Morocco for an additional cost.

### Trip Includes:

- ✓ Return flights from London\* (inc. airport taxes)
- ✓ All transfers and transport in Morocco
- ✓ All accommodation (Guesthouse, tents and hotel)
- ✓ All meals as specified in the itinerary
- ✓ Trek permits
- ✓ High-quality tents and sleeping mats
- ✓ English-speaking guides, porters and support crew
- ✓ Different Travel tour manager

### Trip Does Not Include:

- ✗ Personal expenses (e.g. drinks, snacks, showers, souvenirs, etc.)
- ✗ Vaccinations
- ✗ Travel insurance
- ✗ Tips (approx. £30 per person)
- ✗ Trek kit and equipment

\*If selecting the self-funded option you are welcome to fundraise separately for any charity of your choice but this is not mandatory. Any fundraising undertaken cannot be used for your trip costs.



## Itinerary

### Day 1 (Friday 9 August 2024)

#### London – Marrakech – Imlil (1740m)

Depart London for Marrakech. On arrival you will transfer by road to Imlil village (approx. 1.5 hours), passing green valleys and attractive scenery en-route. Imlil is the departure point for treks to Toubkal and you will stay overnight here at a traditional guest house. You can enjoy the rest of the afternoon to explore before a briefing and dinner this evening.

*Meals: Lunch, dinner*

*Overnight: Guesthouse*



### Day 2 (Saturday 10 August 2024)

#### Imlil – Camp (3200m)

After breakfast, you will meet with the local muleteers and begin the trek to camp with a long ascent along the valley. Halfway through the trek you will reach Sidi Chamharouch (devil's king) (2350m) a small Islamic shrine believed to heal mental illnesses. Nearby there are some shops and restaurants where you will stop for lunch. After lunch you will continue your trek and will arrive at camp which is the base for the next two nights.

*Trekking: Approx. 4 hours*

*Meals: Breakfast, lunch, dinner*

*Overnight: Camping*

### Day 3 (Sunday 11 August 2024)

#### Camp - Toubkal Summit (4167m) - Camp

You will depart early this morning to trek to the summit of Mount Toubkal at 4,167m - the highest peak in North Africa! The ascent will take 4-6 hours and you will be rewarded with stunning views over the Atlas Mountains and even as far as the Sahara. After savouring the views and celebrating your achievement you begin your descent back to camp. The rest of the afternoon will be at your leisure allowing you the opportunity to rest.

*Trekking: Approx. 6 hours*

*Meals: Breakfast, lunch, dinner*

*Overnight: Camping*

### Day 4 (Monday 12 August 2024)

#### Camp - Imlil - Marrakech

This morning you will leave the camp to trek back to Imlil village where you will be met by the vehicle and driven back through the Houaz lowland to the vibrant, bustling and exotic city of Marrakech (journey approx. 1.5 hours) for a celebratory dinner and overnight stay at a hotel.

*Meals: Breakfast, lunch, dinner*

*Trekking: Approx. 4 hours*

*Overnight: Hotel*

### Day 5 (Tuesday 13 August 2024)

#### Marrakech - London

Some free time\* this morning to explore the exotic city of Marrakech before flying back to London (\*subject to flight times)

*Meals: Breakfast*

*Notes: The day-to-day program is subject to weather, general conditions and the progress of the group. While we do not anticipate any changes to the itinerary, we cannot be held responsible for changes made due to unexpected circumstances. Ultimately the safety and health of the group takes priority in all circumstances.*

## KIT LIST - MT TOUBKAL

The kit you take on your trek can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

**PLEASE NOTE:** This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on [info@different-travel.com](mailto:info@different-travel.com)

\*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport and Copy	ESSENTIAL
E-Tickets	ESSENTIAL
Travel insurance	ESSENTIAL
ATM and credit card (s)	ESSENTIAL
Cash (£ Sterling)	ESSENTIAL
Pen for immigration forms	ESSENTIAL
Sunglasses (preferably polarized)	ESSENTIAL
Mobile phone + charger	ESSENTIAL
Camera + spare batteries	SUGGESTED

LUGGAGE	✓
Suitcase/large holdall	ESSENTIAL
Daypack (25 – 30 litres)	ESSENTIAL
Hand Luggage (take note of dimensions from airline)	ESSENTIAL
Combination padlocks	ESSENTIAL

CLOTHING AND FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	ESSENTIAL
Flip flops/trainers for guesthouse	ESSENTIAL
Lightweight trek trousers (zip off trousers ideal)	ESSENTIAL
Non-cotton, technical t-shirts	ESSENTIAL
Non-cotton long sleeved top/shirt	ESSENTIAL
Trek socks	ESSENTIAL
Underwear	ESSENTIAL
Long sleeved light warm layer	ESSENTIAL
Change of clothes for evenings	ESSENTIAL
Light poncho/waterproof jacket	ESSENTIAL
Sun hat with brim	ESSENTIAL
Neck cooling 'Cobber' or cooling towel	SUGGESTED
Buff ( <a href="http://www.buffwear.co.uk">www.buffwear.co.uk</a> )	SUGGESTED

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner	ESSENTIAL
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat)	ESSENTIAL
Hairbrush/comb	ESSENTIAL
Lateral flow tests (min x2)	ESSENTIAL
Disposable masks	ESSENTIAL
Feminine care products	SUGGESTED

OTHER KIT	✓
Sleeping bag (comfort 0°C)	ESSENTIAL
Sleeping bag liner (cotton/silk)	ESSENTIAL
Sun block (high SPF)	ESSENTIAL
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	ESSENTIAL
2 ltr water hydration system (e.g. Camelbak)	ESSENTIAL
1 ltr bottle of water	ESSENTIAL
LED head torch + spare batteries	ESSENTIAL
Adaptor (European 2 round pin)	ESSENTIAL
Ear plugs	ESSENTIAL
Casual shoes for Marrakech	ESSENTIAL
Casual clothing for Marrakech	ESSENTIAL
Hiking poles – to be stowed in hold luggage for flight	SUGGESTED
Energy food/snack bars	SUGGESTED
Swimwear for hotel	OPTIONAL
Bags for dirty washing	OPTIONAL
Spare glasses/contact lenses	OPTIONAL
Video camera + charger	OPTIONAL
MP3 player/ipod	OPTIONAL
Portable power bank	OPTIONAL
Books/packs of cards	OPTIONAL
Travel pillow	OPTIONAL