



MT TOUBKAL TOUR and ASCENT



Moroccan guides in the High Atlas

Grade:	Moderate 	Land-only duration:	10 days
		Trekking days:	7 days
Max altitude:	4167m	Price:	Contact us
Dates:	<p>We can run this on dates to suit you for a minimum group size of 2. The best months for this trek are June to September. Before June there is likely to be a lot of snow in the High Atlas, making this route impossible without winter mountaineering skills. Marrakech can be very hot in the height of the summer. Contact us at info@trekmountains.com with your preferred dates</p>		

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Despite the short flying time to Morocco, it is a country which offers an exciting sense of another culture – so close to Europe yet so wildly different from it. Within the country itself there is a great diversity: this trip you will experience the exciting spice sellers and souks of Marrakech, journey into the high Atlas mountains and explore the High Atlas before trekking to the summit of North Africa's highest mountain, Mt Toubkal. Trekking with the mountain Berber peoples, and with mules to carry your luggage, this trek can be fitted into just one week off work. This incredible varied landscape is not to be missed.

We have programmed a trek which will allow you not only to see the village life of the Berbers in the High Atlas, but which will allow a steady acclimatisation before ascending to the summit of Toubkal at 4167m. En route you will camp near the beautiful Lake Ifni before ascending to the Toubkal Refuge the night before your summit day. Offering views across the High Atlas and the Jebel Sahro mountain range you will see into the distant Sahara desert.

Much of the trekking route is on trails between the villages which are suitable for our mules. This means that the trail is not difficult underfoot for trekkers. The final ascent day follows zig zag trails on scree. Some of the days are quite long, with quite a bit of ascent and descent, so trekking poles are recommended, as is time spent on the hills and mountains of Britain prior to trekking.



OUTLINE ITINERARY

Walking and journey times are approximate

Meals included are shown as Breakfast (B), Lunch (L), Dinner (D)



Day 1 Arrive Marrakech

You will be met at Marrakech airport and taken to your hotel. Depending on your arrival time, the rest of the day free for you to explore this exciting city. The souks of Marrakech, and the famous square in the old medina area Djeema El Fna, are popular areas of Marrakech to spend many hours absorbing the sights, sounds and smells of Marrakech. Djeema El Fna, famous for its snake charmers and water sellers by daytime, transforms itself into a huge open air restaurant at night time, with many stalls opening up every evening at sunset to sell freshly cooked food of all kinds as you sit around the stalls on wooden benches. Many people like to take a drink in one of the cafes surrounding the square, and look down on this famous vista. Adjacent to the square is the medina, and the souks (market places) there are all themed offering things for the tourist as well as being a market for the locals. Moroccan slippers, leather bags, lamps, artwork, handicrafts, musical instruments, spices and rugs are just a few of the things on offer. For those of you who don't like bartering, there is a fixed-price craft establishment close by.

Overnight in a hotel

Day 2 Drive Marrakech – Oukaimeden (2290m) Trek from Oukaimeden plateau to Tachedirt

We depart Marrakech and drive for approximately 2 hours to the small ski resort of Oukaimeden - a beautiful area of green valleys. Our walk allows us to explore the plateau of Oukaimeden with stunning views across the Atlas range, and to Mount Toubkal, our ultimate goal. We cross the Tizi-n-Eddi pass (2930m) to reach Tachedirt (2300m). We make our camp near the river. Approx 4-5 hours, 10km (6½ miles) walking. Overnight camp. (BLD)

Day 3 Trek: Tachedirt (2290m) – Azib Likemt (2500m)

Crossing the valley we begin a long, slow ascent to the pass at Tizi Likemt (3550m). The going is quite tough as there is a considerable amount of loose scree on the ground. At the top we have fine views of the Toubkal massif. A long descent to the village of Azib Likemt. We'll perhaps meet shepherds grazing their sheep and cattle at these high altitudes.

Ascent 1260m, descent 1050m.

Approx 5 hours 9km (5½ miles) walking

Overnight camp. (BLD)

Day 4 Trek: Azib Likemt (2500m) – Amsouzzert (1740m)

We follow a small river known as the Assif Tionzart. Initially, this is a narrow and quite rocky valley, with the stream passing through a series of pools and gorges. As the valley opens out we reach a delightful high meadow, beneath the windy peak of Tizi-n-Ourain (3109m). From the peak, far below us, we can see the green valley of the Assif Tizgui and beyond this, to the west, is the massive summit of Toubkal. Dropping down steadily, we pass through several small villages and finally arrive at the valley floor. The trail leads on towards Amsouzzert, one of the most striking villages in the region, where we spend the night in a simple village.

Ascent 300m, descent 760m.

Approx 6 hours 15km (9½ miles) walking

Gite. (BLD)

Day 5 Trek: Amsouzzert (1740m) – Lac Ifni (2300m)

Today is the shortest walking day. We climb through fields and explore several small villages on our way to Lake Ifni. It is a memorable sight, surrounded by mountains. Our exact campsite location will depend on the availability of drinking water, but today's walk should take just 4 – 5 hours. We set up camp and have the afternoon to relax and swim in the cool waters of Lac Ifni.

Ascent 560m.
Approx 4 hours 7km (4½ miles) walking
Overnight camp. (BLD)

Day 6 Trek: Lac Ifni (2300m) – Toubkal Refuge (3208m)

Above the lake, we follow the upper valley of the Assif a Moursaine, heading ever upwards to the spectacular Tizi Ouanoumss pass (3600m), situated between the two highest peaks of the Atlas - Toubkal and Ouanoukrim. We make our way along a steep path that leads up a seemingly endless scree slope. From here it is a long zigzag descent to Toubkal Refuge, a mountain refuge which is the base camp area for Mount Toubkal.

Ascent 1300m, descent 400m.
Approx 7 hours 7½km (4½ miles) walking
Overnight camp or refuge (dormitory). (BLD)

Day 7 Trek: Summit Mount Toubkal (4167m) – Aremd (1940m)

Today is the hardest day of the trek because of the altitude, with around 8 hours of trekking. We arise early to begin the ascent of North Africa's highest peak. The path is steep, and it zig zags on scree. Trekking poles are recommended. We may well discover snow at these altitudes, so gaiters and over-trousers could be useful too. The ascent to the summit is likely to take around 3-4 hours, and we can enjoy a well-earned stop to take in the view. There are stunning views to the peaks of the Anti Atlas and the Sahara to the south. We will have time at the summit to celebrate our

achievement. The descent to the refuge takes around half the time of the ascent as we will not be fighting altitude on the way down. After lunch and a rest a long descent leads us to Sidi Chamharouche. As this is a holy place we ask that you respect the local customs and not visit the shrine. We continue to descend to the village of Aremd, perched on a hill overlooking the valley (about 3 hours walk) where we stay the night in a gite for a well-earned rest.

Ascent 1000m, descent 2230m.
Approx 8 hours 9km (5½ miles) walking
Gite. (BLD)

Day 8 Trek: Aremd (1940m) – Imlil (1740m). Transfer to Marrakech.

We can have a relaxed morning before we make our final descent to the village of Imlil, where we meet our transport and transfer back to Marrakech.

Descent 200m.
Approx 30-40 minutes walking 1km (½ mile).
2 hours driving.
Overnight in a hotel. (B)

Day 9 Free day in Marrakech

A further opportunity to explore this amazing city.
Overnight in a hotel. (B)

Day 10 Depart Morocco

Transfer to Marrakech airport for your international flight.
(B)

Important Note: Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.





The Price Includes:

- Airport transfers between Marrakech airport and hotel accommodation
- Accommodation for 3 nights in one of our group hotels in Marrakech in rooms with shower and wc.
- All meals listed in the itinerary: 9 Breakfasts, 6 Lunches, 6 Dinners
- Journeys by road between Marrakech and the trail head at beginning & end of trek.
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags)
- Services of mules / porters (12 kg load per participant); professional, experienced guide and kitchen staff. (If 4 or fewer trekkers, cooking will be done by the guide and muleteers)

Not Included:

- International flights
- Airport taxes
- Moroccan visa, but please note that this is currently NOT required for holders of the following passports: United Kingdom, USA, Australia or Canada. All other passport holders should check the visa requirements with the Kingdom of Morocco visa entry website. All participants must check that their passport is valid for at least 6 months following the date of entry into Morocco.
- Lunch and dinners in Marrakech
- Travel Insurance
- Tips – we suggest each participant should consider allowing for tips totalling around £30 - £35.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow up to £150 - £200 spending money depending on the number of souvenirs you are likely to want to bring back from the souks of Marrakech)

Options:

- **Extra nights** are available in our group hotel – see the dates and prices list for details.
- **Accommodation** is usually in twin rooms and twin tents with another trekker of the same gender, or with a person you name on your booking form. **Single rooms and single tents** are available – see the dates and prices list for details.
- **Extension packages** can also be organized in Morocco. Please refer to our Moroccan extensions itinerary for more details. Extensions should be arranged to booking international flights.

Minimum numbers and our pricing policy:

This trip is advertised based on a 4 person price based on twin sharing rooms. It can, however, be run with just 2 people.

We can offer this trip as a trip just for your party on dates to suit you. If the 4 person twin share price is not relevant to your party, we will quote according to the number of participants and the number of single / shared rooms that you require.

Alternatively, you may prefer that we open up the trip to other bookings. In that case, if there are less than 4 of you in your party we will give you a price based on the number of participants so that the trip can be guaranteed immediately. The final price will reduce as more trekkers join the trip.

Accommodation:

Our preferred group hotel in Marrakesh is much more than just a basic hotel. Subject to availability, we use a hotel where you will feel not only that you are comfortable, but definitely that you are in Morocco. We believe wherever possible it is part of the experience of travelling that you enjoy surroundings that are in keeping with the country you are in, rather than using a hotel that could be the same as any other hotel in the world.

Riads If you would prefer to upgrade to riad accommodation in Marrakesh, we can arrange this for you.

Flights:

Marrakesh is served by several low-cost airlines, including Ryan Air, Easy Jet and Thomson Fly. You are welcome to book your own flights for this trip.

If there is a group of you we may be able to book your international flights for you – please contact us.

No flights or fixed travel arrangements should be booked until you have received written confirmation from the trekMountains office that your departure is guaranteed to run.