

## Morocco – High Atlas Mount Toubkal Challenge

Morocco

Fact Sheet MTM

Trip code: MOR09

The Mount Toubkal trek takes us into the heart of the Atlas Mountains of Morocco and is only a few hours flight away from London. It is some of the finest trekking in Africa and is an extremely rewarding experience. The terrain varies considerable from valley to valley and at certain times of the year snow abounds on these mountains. The sun is particularly strong in the summer months and September can be variable with showers and thunder storms. Therefore depending on when you travel you need to be prepared for the weather conditions. There are vast ridges stretching as far as the eye can see and some of the rock formations are fantastic.

The area is rich in history and culture and this is evident where ever you travel even in the remotest villages. The inhabitants of the villages are Berber people and they are colourful, hardworking and friendly. You will pass through many of their villages.

The Atlas Mountains act as a fantastic backdrop to the city of Marrakech a part of which is Mount Toubkal, the highest peak in North Africa at 4,167m which is part of the ranges which stretches south of the imperial city. The city is a great place to start and finish you trek. It is great just to take time to visit the old palces and the medina with it fantastic weave of alleyways. The souks and market are ideal places to pick up your souvenirs- beware of the carpet sellers- remember that in the souks and markets you are expected to haggle so don't accept the first price mentioned divide it by three and start from there

**Travelling from London**

**Day1** Depart from Heathrow to link up with your Moroccan flight which departs later in the day for Marrakech via Casablanca, Transfer to Riad Al Aadra in the old walls of the city.

**Day 2** This is where you will start to get a flavour of the country, a free morning in Marrakech to visit the souks and some of the other places of interest. After lunch you be transferred by minibus or taxi to the ski resort of Oukaimeden, which will take you in the heart of the High Atlas. Spend the night in a **Mountain Lodge**

**Day 3** A steady start where you will Tackle a small nearby peak called Jebel Oukaimeden (3,257 m) this is to help you to acclimatize to the altitude The climb is fairly easy but you have great views of the mountain range, including a view of Mt Toubkal your ultimate destination. After summiting you descend and cross the pass of Tizi 'n'Tamatert 2,927m and then onto Tachedirt for the night. **Refuge**

**Day 4** We come out of the Tachedirt valley and we pass the small village of Ouaneskra, the path climbs to another pass the Tizi'n'Tamatert 2,200 and then descends fairly steeply into the Mizane Valley and the large village of Imil. From here it is a short walk to the village of Arroumd and your bed for the night. **Village House**

**Day 5** Leaving the walnut trees and the fertile valley of Arroumd, we continue up the valley and past the shrine of Sidi Chamarouch, a place where many Moroccans come on pilgrimage. From here we continue onto the Neltner Refuge at an altitude of 3,169m here you may start to feel the effects of altitude **Refuge or Bivouac**

**Day 6** You will make an early start for the ascent of Mt Toubkal, climbing through the scree and up onto

the southern ridge to reach the summit at 4,167m. You have fantastic views of the surrounding area. After enjoying the success of summiting and the views, we descend into the Nelter Hut and walk back to the Arroumd. **Village House**

**Day 7** From here there is a short walk to Imil and then a drive to Marrakech, arriving in time for lunch. In the afternoon and early evening you can just explore Marrakech and do some serious haggling. Later in the evening the Djemaa el Fna, the square and open air market place comes alive, great for sampling the local food. The market continues into the early hours of the morning. **Hotel- Riad Al Aadra**

**Day 8** Morning transfer to the airport for the flight to London arriving back in London mid afternoon.

### WEATHER

April, May and October Marrakech is warm and hot 25- 30°C with pleasant cool evenings. In the mountains the sun is strong but the air cool and cold nights. Mornings are clear, but cloud forms in the afternoon and it can often rain and sometimes occasional storms. Rain can be experienced on all treks so you must have the appropriate gear.

### PRACTICAL INFORMATION

**Passport and visas** British nationals need a full passport valid for 6 months from the return date of travel

**Vaccinations** Tetanus and hepatitis A are recommended as the standards of hygiene are generally low in Morocco.