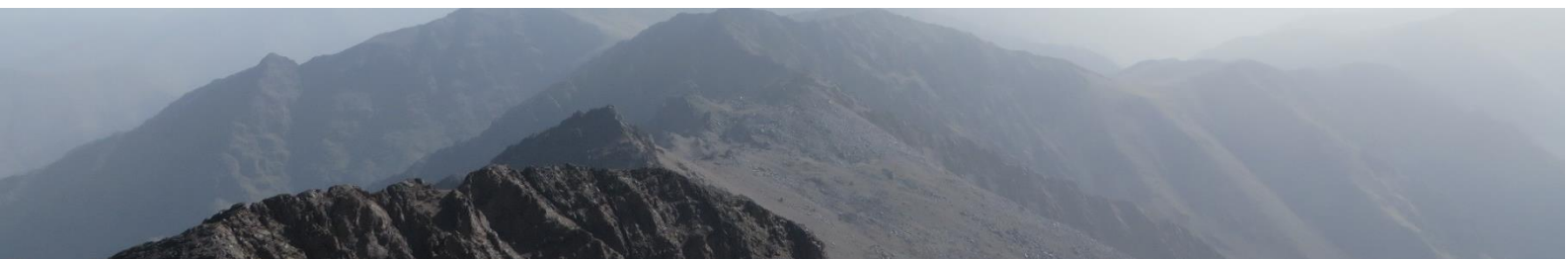




Destination: MOROCCO

Duration: 5 DAYS

Difficulty: CHALLENGING



Trek Information

Challenge Cost:

Registration fee: **£295**
and either...

Self funded balance:
£700

or

Sponsorship to charity:
£1,400

What's not included?

Personal expenses (such as drinks, souvenirs, etc.), any vaccinations required, travel insurance, tips (approx. £30 per person), and personal trekking kit (see packing list).

What's included?

Return flights from London (inc. taxes), all transfers and transport in Morocco, accommodation in guesthouse (1 night), camping (2 nights) and hotel (1 night), tents and sleeping mats on trek, meals, expert English-speaking guides, porters/mules, cooks, trek permits and a UK Different Travel tour manager.

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 challenging 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.

What is the climate like?

Temperatures in the Atlas Mountains in June can reach highs of 33°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.



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Will we be trekking at high 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 the feature below for more details.

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 are the bathroom facilities like?

There are shower facilities at the hotel and guesthouse but there are no bathing facilities at camp. It is recommended that you bring a small pack of baby wipes however, during the trek you *may* be able to use the shower at Toubkal refuge (for a fee). You should bring your own towel and environmentally friendly toiletries. Toilet facilities at camp will be a hole dug into the ground, covered by a privacy tent. Toilet paper is not provided so you will need to bring your own. During the trek you will need to pack up any toilet paper you use to dispose of properly at camp. NEVER leave toilet paper or other litter on the trail.

What is the food like?

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 used to end the meal.





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Health and Fitness

Who can take part?

You must be aged at least 18 to participate unaccompanied. It may be possible for you to participate if you are aged 16 or 17 years old if you are accompanied by a parent or guardian – please contact us for advice. There is no upper age limit. An ideal candidate for the trek would be someone who enjoys being out of their comfort zone and trying something new.

How fit do I need to be?

You are strongly advised to train to a good fitness level before departure to ensure fast recovery from each day's walk. The distances covered may not be great but you must be prepared for, and be capable of, trekking for many hours a day on steep, rough terrain while carrying a daypack of around 6-8kg in weight. If you attempt to complete the trek without training, it will be unnecessarily challenging and will hinder your experience, and the experience of your teammates.

How should I get started with fitness?

If you do not already regularly exercise it is advised that you start training (including plenty of hills) before departure to ensure your best chance of enjoyment on the trip. This could include speed walking, hill walking, swimming, running, cycling, gym workouts, team sports, boot camps, yoga etc. You can download a number of free apps, which will help you train and track your progress. E.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal (for a variety of sports). It is possible to complete the trek without training but it will be difficult and may hinder 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 noted. If you have declared any medical conditions, you will need to have your form signed by your GP. Any conditions that develop must be declared and a new medical form completed and signed.





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Altitude

For most of the trip you will be exposed to a maximum altitude of 3200m (at the campsite) however, to reach the summit you will have to trek up to 4,167m. As symptoms are possible from approximately 3000m, there is a small chance of altitude related symptoms during the trek. Your local guide will be experienced in spotting signs of altitude sickness but it is important that you do your own research so you can be aware of how your body is adjusting.

A great source of information can be found at

<http://www.nhs.uk/conditions/Altitude-sickness/Pages/Introduction.aspx>
and <http://www.traveldoctor.co.uk/altitude.htm>.

Common symptoms of altitude exposure include headache, nausea, loss of appetite, disrupted sleep and subsequent fatigue. These symptoms generally subside after a few days, once your body acclimatises to the altitude. It is vital you make your guide and tour manager aware of any symptoms immediately so you can be monitored.

Important info about altitude:

- If you begin to show symptoms of moderate altitude sickness, don't go higher until symptoms decrease.
- If symptoms increase, you must descend immediately.
- Different people acclimatise at different rates. You must keep aware of your own symptoms.
- Stay well hydrated. You need to drink lots of fluids to remain properly hydrated (at least three litres per day from water, soup, tea, juices etc.). Urine output should be copious and clear to pale yellow.
- Take it easy and don't overexert yourself when you first arrive at altitude.
- Avoid tobacco, alcohol and other depressant drugs including tranquillisers, sleeping pills and opiates such as codeine. These decrease the respiratory drive during sleep resulting in a worsening of symptoms.
- Eat a high calorie diet while at altitude.
- Acclimatisation is inhibited by overexertion, dehydration, and alcohol.

