



Reach the summit of North Africa's highest peak:

Mount Toubkal Trek

10 - 14 June 2021



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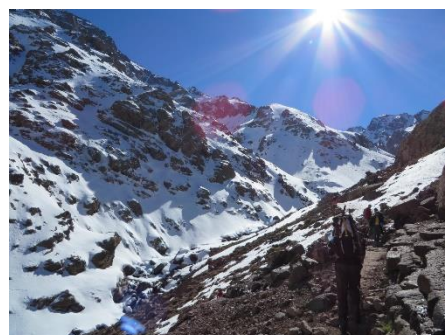
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Trip overview

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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?

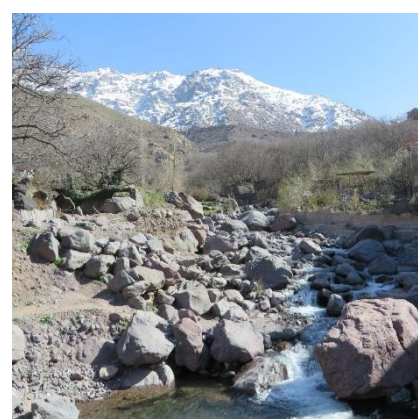
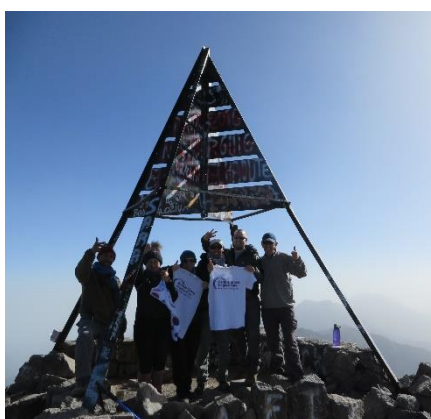
The terrain is generally very stony and dry with some sections of loose scree and small boulders you may have to scramble over. There may be snow on the ground. Towards the summit there may be exposed areas but your guides will offer you support throughout. There will be lots of uphill sections and subsequent 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 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.





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) before departure 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 noted and (if relevant) signed off by your GP. Any conditions that develop after registration must be declared and a new medical form completed and signed.





Trip cost

A £295 registration fee is payable at the time of booking, then you can either pay your own tour costs balance of £700 by 15 April 2021 (self-funded option*) or you can fundraise £1,400 by 18 March 2021 for your chosen charity by which includes your £700 tour costs balance and a £700 donation to charity (fundraising option).

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





Itinerary

Day 1 (Thursday 10th June 2021) 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 (Friday 11th June 2021) Imlil – Camp (3200m)

After breakfast, you begin the trek to camp with a long ascent along the valley. Halfway through the trek you will reach Sidi Chamharouch (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 (Saturday 12th June 2021) 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 (Sunday 13th June 2021) 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 dinner and overnight at a hotel.

Meals: Breakfast, Lunch, Dinner

Trekking: Approx. 4 hours

Overnight: Hotel

Day 5 (Monday 14th June 2020) Marrakech - London

Depending on flight times there may be some free time this morning to explore the fascinating city of Marrakech before our transfer to the airport and flight back to London.

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.



