



## Toubkal Trek (8 Days)

### Programme

**Day 1:** Arrive in Marrakesh Airport- Night in hotel

**Day 2:** Depart early in the morning to Asni by minibus along the road to Imlil. We meet up with our team of muleteers in Imlil (1750m altitude). We then trek over the Col de Tamatart (2227m), continuing on a dirt track. After the climb up Assaro, we camp at 2300m . 4.30 hours of trek.

**Day 3:** Departing early in the morning we have a long climb to Tizi n'lkemt (3550m), passing shepherds with their flocks of sheep and goats. We have lunch at 2450m and after, we continue to our camp at the foot of Tizi t'Ourai (2900m). 6.30 hours of trek

**Day 4:** A very pretty and longish descent today, down to the berber villages with their traditional architecture. We pass the Lac d'Infni, a cold, green lake for a cool down. Our camp is at the side of the lake at 2263m. 6 hours trek

**Day 5:** We depart early again, to climb to Tizi n'Ouannoms (3600m). Descending to the Nelter refuge where we camp at 3200m. A shorter day today, with a chance for a rest in the afternoon.

**Day 6:** We ascend Toubkal (4167m) by the North route . taking in great views of the Anti Atlas and the villages of Armd and Imlil on the way. Descending by the same route, We overnight in the Gite Ait Souka in the village of Sidi Chamharouch. (2300m). 9 hours trek

**Day 7:** In the morning we descend to the point where we started our trek, to meet the minibus and return to Marrakesh. A free afternoon in Marrakesh and night in the hotel.

**Day 8:** Fly home.



**2006**

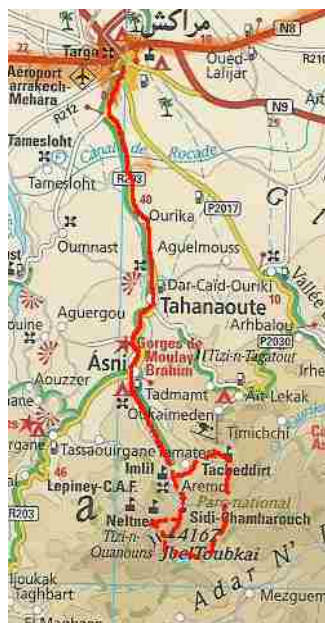
**Dates and Prices per Person**

(For \$ USA or Euro € rates please contact us)

13 -21 May		£
3 -11 June	Prices from	£390
17-25 June		£390
1-9 July		£390
22-30 July		£410
5-13 August		£410
19-27 August		£400
2-10 September		£390
16-24 September		£390

These prices do not include flights

**Map of the route...**



## **General Information:**

### **What we provide:**

We provide transportation from the airport, Bed and breakfast in Marrakech, and transportation to and from the trekking area. (also mule transportation if needed during the trek!) .

A highly experienced Berber mountain guide , cook and muleteer team. Your guide will be able to speak English , French as well as his native berber and arabic.

Overnight 2 man tents are provided, together with all food during the trek..Please bring a sleeping bag.

We do endeavour to provide bottled water all through the trek, but if the days are extremely hot, then we will have to rely on water purification tablets. Please note that it is very important to drink at least 3 or 4 litres a day in summer, due to heat and altitude. Mules and muleteers will carry all heavy stuff, which we ask you bring in duffel type bags. You will only have to carry day sacks for sunglasses/cream/water and any other things you may need on trek. The cook will provide all meals on the trek including a cooked meal most lunchtimes, and all evenings.

### **Treks in Spring and Autumn:**

Although the temperatures in the day time can be as high as 30 degrees C , please make sure that you bring a sleeping bag that can cope with much lower temperatures at night (may be as low as -5). The Toubkal summit may well have snow (see pictures on website [www.moroccotrek.co.uk](http://www.moroccotrek.co.uk))

### **Things to take:**

We recommend that you bring well worn in boots (the trek is quite strenuous, so please make sure you are fit before the trek). A roll/duffel type sack for your clothes sleeping bag and heavier items. A day sack for stuff you want to take on the walk this would include sunglasses/ cream, sun hat, water purification tablets, camera, spare socks, gloves, waterproof and any extra food. Plastic bags for rubbish and keeping stuff dry.

Medicines- You may wish to consider bringing painkillers for headaches etc, plasters, cream for sunburn/antiseptic cream and of course any medicines that you may need. Please let the guide know of any problems that you may foresee or may experience. He will have a full first aid kit. Things to watch out for are altitude sickness, (headaches, nausea in the first stages) and heat stroke. You may wish to consider vaccination for hepatitis A and typhoid before the trek.

We encourage you to speak to the guide, cooks and muleteers , they are very friendly and hospitable. Many of them will only be able to speak french with

you , but your guide can help. Please do not give money to children, (begging keeps them out of school) but if you wish to help the villagers, gifts of pens or small items can be given to the guide, who will in turn give them to the school or responsible person for distribution. Your guide and support team do appreciate small gifts especially. The concept of “pourboire” or tipping is very much alive, and they will really appreciate some money if you can afford it , which will go towards alleviating the harsh conditions in which they live. A reasonable amount is £2 per day for the guide for example and a similar amount for your cook and muleteers. This is only an example.

### **A few more things:**

**We do ask that you take out full travel insurance before coming- and the guide will check on this in Marrakech.**

We can arrange flights for you , but if you wish to do this yourself, then we will give you dates and times when most others are travelling.

Money can be changed in Marrakech into Dirhams (£1=approx 15 DHS) . Unfortunately the banks will not accept Scottish or Irish bank notes. There are plenty of ATMs in the city that can give you money if you fancy a trip to the souks.

Morocco is a muslim country, and although Marrakech is very cosmopolitan, we do ask that you respect the villagers in the high atlas by wearing full limb cover. (you can change into shorts once we are out of the villages) Your guide will explain things to you.

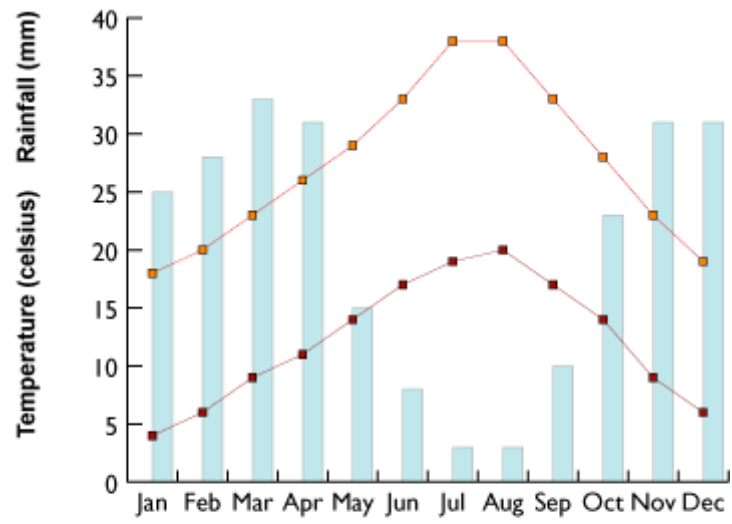
Moroccan food is very varied and nutritious with plenty of vegetables. Please tell us in advance if you are vegetarian or need a special diet.

An extension to your holiday can be arranged- tell us what you would like to do, and we will do our best to fix it for you.

### **Any more questions?**

**Contact Angela at [angela@moroccotrek.co.uk](mailto:angela@moroccotrek.co.uk)**

**39 Breckview, Pitmedden Aberdeenshire, AB41 7GQ**



- rainfall
- average daily temperature (max)
- average daily temperature (min)