



8-DAY ADVENTURE

CLIMB MOUNT TOUBKAL

Morocco

Mount Toubkal is the highest peak in Morocco, the highest peak in North Africa and the highest peak in the Arabian world. Standing at 4167m, it is a tough, rocky route to the top however no technical climbing experience is required.

We take a less trodden, scenic approach that arrives at the mountain from the east. Crossing several high passes along the way gives us time to acclimatise and experience more of the stunning High Atlas range. On route we meet the local nomadic Berber people, shepherding their livestock through the incredible scenery. We sample mouth-watering, delectable cuisine and camp in secluded valleys beneath starlit dark skies.

TRIP HIGHLIGHTS

- Climb the highest peak in North Africa
- Meet the nomadic Berber people and experience the local cuisine
- Camp in remote, secluded valleys beneath starlit skies
- Experience the rush of the souks in Marrakesh



ITINERARY

DAY 1

ARRIVAL IN MARRAKESH

Arrive in Marrakesh and transfer to your hotel. After clearing immigration and collecting your luggage, exit the arrivals building and look out for one of our team holding a KANDOO sign. If you wish to exchange money in the airport make sure you do this before leaving the building. Transfer to your hotel and have the rest of the day free to explore Marrakesh. Your pre-trek briefing will take place at 7pm this evening in the hotel foyer, here you will meet your guide and gain an in depth understanding of the trek you are about to embark on.

Transport: **Private transfer (0.3 hour, 8 km)**

Accommodation: **Hotel**

DAY 2

MARRAKESH - TACHEDIRT

Today we will set off after breakfast. We transfer from Marrakesh to Oukaïmedem (2hrs), the starting point of our hike where we meet our mule drivers, enjoy a delicious picnic lunch and go on a short acclimatisation walk whilst our team prepare our gear. Our first objective is Tizi n'Eddi (2980m), a great warm up with panoramic views of Imane valley and the High Atlas summits from the top. We then descend down a picturesque, moonlike landscape to the village of Tachedirt, the highest village in the Atlas mountains, and set up camp at Fousaou (2300m), the base of Tizi n'Likemt.

Hiking time: **4 - 5 hours**

Ascent: **550 m**

Descent: **750 m**

Max. altitude: **2980 m**

Accommodation: **Camping**

Meals included:

Breakfast / Lunch / Dinner

DAY 3

TACHEDIRT - AZIB LIKEMT

After breakfast we start a long, slow ascent up to Tizi n'Likemt (3550m). From the pass we have incredible views to the south east over the mountains and into the hazy heat of the desert beyond. We then descend to the secluded settlement of Azib Likemt, passing shepherding families and their livestock. We stop for lunch next to a river where we can dunk our tired feet, and then continue up a glorious gorge to the foot of Tizi n'Ourai where we camp for the night (2900m).

Hiking time: **5 - 6 hours**

Ascent: **1650 m**

Descent: **1000 m**

Max. altitude: **3550 m**

Accommodation: **Camping**

Meals included:

Breakfast / Lunch / Dinner

DAY 4

TIZI N'OURAI - LAC D'IFNI

Climbing up to the col at 3109m known as Tizi n'Ourai, we capture our first views of Toubkal, a majestic panorama of the rocky, alpine summit. It is a tough descent down to the village of Amsouzaït at 1740m, where we stop for some well earned refreshment.

From there, we take the road to Aït Igane, stopping for lunch in the shade of the trees, before continuing up a big boulder field then along idyllic mountain paths climbing up to the deep blue hues of Lac d'Ifni at 2312m. We will make our camp for the evening here on the lakeshore and, weather permitting, enjoy a refreshing swim surrounded by the towering Atlas peaks.

Hiking time: **7 - 8 hours**

Ascent: **700 m**

Descent: **1400 m**

Max. altitude: **3109 m**

Accommodation: **Camping**

Meals included:

Breakfast / Lunch / Dinner

DAY 5

LAC D'IFNI – NELTER REFUGE

This morning Toubkal will be towering over us as we navigate an incredible gorge up to Tizi n'Ouanoums (3600m). Reaching the col just as the sun reaches us, a short descent takes us down to the Nelter Refuge at 3200m where we will set up camp. This is the main basecamp for most Toubkal climbs and we will be able to look up at our route for the next day. Arriving here in the early afternoon, we have time to rest and recuperate ready for a big day tomorrow.

Hiking time: **6 - 7 hours**

Ascent: **1270 m**

Descent: **580 m**

Max. altitude: **3600 m**

Accommodation: **Camping**

Meals included:

Breakfast / Lunch / Dinner

DAY 6

ASCENT OF MOUNT TOUBKAL

The big day! We will leave early (around 5am), climbing a steep rocky ascent up the mountain side to reach a hanging valley known as the South Cwm where huge boulders are scattered around the track. We continue up scree slopes to hit the summit ridge at 3940m and follow the crest of the ridge to the summit pyramid at 4167m. We are now standing on the highest point in north Africa and the sense of achievement is enormous! The deep valleys of the Atlas Mountains are laid out below, layer upon layer of rust coloured ridgeline separating them. We descend back down to the refuge, have a much needed lunch, then continue down the valley to the village of Aremd (1900m), stopping at Sidi Chamarouch for a break. Our mule handlers will leave us in Aremd, as we spend our final trekking night in a Moroccan style guesthouse with views up to Toubkal summit.

Hiking time: **7 - 8 hours**

Ascent: **967 m**

Descent: **2167 m**

Max. altitude: **4167 m**

Accommodation: **Guesthouse**

Meals included:

Breakfast / Lunch / Dinner

DAY 7

AREMD – MARRAKESH

After breakfast, we leave our bags with a small transfer vehicle and walk to the road head at Imlil, where our larger transfer bus will take us to Marrakesh. We will arrive in the late morning and check in to our hotel. We then have a free day to soak up all the fascinating sights of Marrakesh...visit the Majorelle Garden, Bahia Palace and the world famous web of souks stretching out from the Jamaa El F'na market. A tour with an English speaking guide can be arranged.

Hiking time: **0.5 hour**

Descent: **150 m**

Accommodation: **Hotel**

Meals included: **Breakfast**

DAY 8

DEPARTURE

Transfer to the airport and flight home.

Transport: **Private transfer (0.3 hour, 8 km)**

Meals included: **Breakfast**

PLEASE NOTE

The details in this programme are regularly updated but unforeseeable and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made.

For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. Under no circumstances would this give rise to a refund or compensation.

Please note that this itinerary, including distances and times, is indicative. Our guides aim to provide the adventure that is best suited to the weather, your interests and the demands of the group. Please be aware that in order to achieve this, changes to the programme may be made.

TRIP INFORMATION

DIFFICULTY

An ascent of Toubkal requires you to be in **good physical condition** and have experience of walking for up to 6 hours a day for several days in a row. The trail will vary from well trodden paths to very steep and rocky terrain. The route has an **average** of 1040m of height gain per day and on the longest day you will walk 19km. There will be changes of altitude as you climb above 3000m to cross the mountain passes and descend again. A good amount of **endurance** is necessary but **mental stamina** is the most important thing.

This programme does not require any technical climbing ability or experience but you should try to be in the best physical condition possible before departure. You will be accompanied by a qualified Berber guide at all times as well as your cook and mule drivers who will meet you at camp each evening. As well as hiking you will also be assisting the team with packing away and putting up tents. On this trip, you are part of the team and must do your share of the work. Although this makes the adventure a little more demanding, it also adds to the enormous sense of satisfaction and achievement at the end of your journey.

If you have any questions about your suitability or how to prepare for this trip please do not hesitate to contact us.

FOOD & DRINK

During your trek you will be accompanied by a cook who will prepare all of your meals. At breakfast there is tea, coffee and hot chocolate, bread, jam, cheese, Nutella and sometimes a local speciality. A typical lunch will be a salad with fresh vegetables, corn, boiled eggs, tuna and rice or pasta served alongside a traditional curried dish, such as dahl or a tagine.

Evening meals will always be made up of **delicious Moroccan cuisine** prepared with locally sourced ingredients. There will normally be a soup starter followed by a tagine or stew with salad, couscous or pasta and bread. We can provide vegetarian, vegan or gluten free meals on request. If you have special dietary requirements please let us know when booking your trip.

In Marrakesh, at the start and end of your trip, you can purchase meals at the hotel or head out in to the city to find a restaurant. Less than a 5 minute walk from the hotel you will find Bd Moulay Rachid, a street with a wide range of international and local options and you will find most dietary requirements are catered for. Restaurants with international options such as pizza and burgers, French and local cuisine, or if you are wanting something lighter then look for the roadside cafes offering the locals favourite, Omelette Khaali (lamb omelette) and Mint Tea.

Drinks are not included in the cost of your trip. You will need to bring a **water purification filter** or tablets and at least two water bottles or flasks for your trip. During your trek you can refill your water at natural springs, in villages and at the refuge below Toubkal. On some days you may not pass a shop as the trek goes through remote valleys and many of the shops are in small villages or settlements and therefore may close without warning. Please ensure you are able to purify natural water safely, rather than relying on buying bottled water; we also do not recommend acquiring single-use, plastic water bottles as these must be carried out and recycled.

ACCOMMODATION

Camping

We provide a **good quality 3 man tent**. They are designed to sleep three people, but we only ever sleep 2 to a tent, to ensure you have plenty of space for you and your gear. Keep in mind, these are proper mountain tents, designed to cope with extreme conditions so don't expect to be able to stand up and walk around inside! A **foam mattress** per person will also be provided. You will be required to assist with pitching your own tent at the end of each day.

Your meals will be taken in a separate **mess tent** where you will be able to sit comfortably, while you relax and chat to your team mates and enjoy some of the delicious food that our cook has freshly prepared for you. Inside, you'll be pleased to find a table (of course) and fold out stools so there is no need to sit on the floor!

At camp each evening we will set up a **toilet tent**. This is a very basic facility that provides a little privacy. The toilet tent will simply cover a hole in the ground. If you don't wish to use the toilet tent there is always the option to find somewhere hidden, away from camp or the path and go wild. We can guarantee it will be the most scenic toilet break you've ever had! Please remember to bring toilet roll and a lighter to burn it after use.

A wash basin can also be provided on request with cold water.

When camping at the Nelter Refuge we will set up our camp about 5 minutes walk from the refuge itself. This is where we will have our food and sleep, however we will be able to use the washroom facilities, shop and WiFi at the refuge. The washrooms have western toilets and hot showers (available for 10MAD for an unlimited time).

Other Accommodation

In Marrakesh you will be staying in a comfortable **4 star hotel** in an en-suite twin or double room. WiFi is available at the hotel and it also has a swimming pool, hammam (spa) and restaurant.

The **guesthouse** in Aremd will be in the style of a local Moroccan house with a kitchen, living area, twin/triple or double rooms and a shared bathroom with a western toilet and hot shower. It has a double staged roof terrace with views up to Toubkal. WiFi is also available here.

TRANSPORT

We use a private air conditioned minibus with seatbelts for our transfers.

LUGGAGE

Main bag weight: 15kg

During the trek your luggage will be carried by mules. To be suitable for carrying, your duffel bag must be flexible not rigid, maximum 100 litres and weigh no more than 15kg. You should also bring a small day pack to carry water, snacks and anything else you may need whilst trekking. This could be used as your hand luggage on your flight.

Lost / delayed luggage

We recommend that you wear your walking boots to travel and pack as many essential items as possible in your carry-on luggage. If your luggage is delayed we can then do our best to kit you out to start the trek on time. In the event that your luggage is delayed or lost, our procedure is as follows:

Establish what items are missing and a contingency plan for each critical item

If it reaches 6pm on the evening before starting the trek and your luggage has not arrived we recommend buying and/or hiring items immediately as a precaution

We will take you to a shop where you can buy toiletry items, e.g. toothbrush. You will be able to find everything you need in Marrakesh.

We will do everything we can to help if your luggage is lost or delayed. Be sure to check your insurance policy coverage for lost luggage cover.

HOW DO I GET THERE?

You will need to arrive in Marrakesh on day 1 of your itinerary and the trek will begin the following morning. For UK travellers, there are direct flights with BA, Easy Jet and Ryan Air from Heathrow, Gatwick, Luton, Stansted and Manchester. With a short stop in Europe, you can travel from virtually any major UK airport. The flight time from the UK is roughly four hours.

There are no direct flights to Marrakesh from the USA but, it is only necessary to have a short stop of less than 3 and a half hours somewhere in Europe. Delta Airways operate convenient flights via Paris from New York, Boston and Los Angeles. TAP Air Portugal, American Airlines and United provide further options.

Menara Airport is located 9km outside the city of Marrakesh and the transfer to your hotel will take between 20 and 30 mins. We provide personalised transfers so somebody will be at the airport to meet you when your flight gets in. Please be aware that if your flight arrives within 90 minutes of another guest you may be asked to wait until they have arrived to share a transfer. Rest assured, you won't be asked to wait for more than 90 minutes.

Once you have cleared immigration and collected your luggage please exit the doors to the arrivals area and look out for a Kandoo team member holding a big sign reading "KANDOO". Once you have exited arrivals **you will not be allowed back in**, so please ensure you have exchanged your money and any other necessary errands before leaving the airport.

Please bear in mind that meals in Marrakesh are not included in your tour. This means if you arrive on a very late flight you may struggle to find somewhere to eat by the time you have reached the hotel. We recommend booking a flight that arrives in Marrakesh no later than 5:30pm, allowing you to reach the hotel with plenty of time to have a relaxed meal before bed.

On the final day of your trip we will provide return transfers at 7am and 12pm. Remember for international flights you need to arrive at least 2 hours before departure. Delays can occur, and making your flight is your responsibility.

Due to local regulations at Marrakesh, **mobile boarding passes are not valid for your return flight**. You will need to print your boarding pass and go to the check-in desk to get your documents checked, even if you don't have bags to drop off.

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

PRE-TREK BRIEFING

A pre-trek briefing will be held at 7pm on the evening of Day 1 in your hotel foyer in Marrakesh and we strongly recommend that you book a flight that arrives in time for you to attend the briefing. If you should arrive on a later flight, you will be given the full briefing the next morning before you set off on your trek.

BUDGET & CHANGE

The local currency is the **Moroccan Dirham (MAD)**. For the most up to date exchange rate please visit www.xe.com.

The dirham is a closed currency, which means it can **only be bought once you arrive in Morocco**. You're allowed to bring in or take out 1000Dh (around £65) but you'll need to exchange the rest on arrival. You can get good exchange rates at the airport with cash and credit card exchange available alongside baggage reclaim and debit/travel card exchange available in the arrivals buildings after you have cleared customs. You can also exchange your GBP (don't bring Scottish, Gibraltar or Northern Irish Sterling notes) or US Dollars to Dirhams at a bank and in most hotels. Keep hold of your receipt to convert your Dirhams back when you leave – you can do this at the airport for a good rate.

A meal out for 2 people in Morocco will cost ~\$15. You will need to account for two evening meals in Marrakesh plus money for any lunches whilst in Marrakesh, tips, drinks and souvenirs. Gifts and souvenirs are best acquired from the markets in the Medina. Prepare to get haggling! Our recommended guidance for spending budget in Morocco would be between \$50-100 on top of your tips, give you ample souvenir spending money.

TIPS

Tipping is common in Morocco but not mandatory and should be based on the level of service you feel you have received. The below amounts will give you a rough idea of how much you should tip (**per trekker per week**). Please tip in Moroccan Dirham rather than in your home currency where possible.

Guide: 100-160 MAD (\$10-15)

Cook: 85-110 MAD (\$8-10)

Mule drivers: 160-210 MAD (\$15-20) - amount per driver (depending on your group size you may have between 3-5 mules and drivers)

Driver: 80 MAD (\$8)

Different crew members will be with you for different stages of your trip to Morocco:

- Your guide will be with you every day that you are in Morocco.
- Your cook and mule drivers will be with you while you are on the trek itself (you may have up to 5 mule drivers on your trek, depending on the number of participants. You will be provided with this information 3 weeks before departure)
- A driver will provide your airport transfers and transfer you to and from the trek.

3 weeks prior to departure you will be provided with a tip recommendation for your trip. This will give you a more accurate representation of the amount you will need to take for tips.

FORMALITIES & HEALTH

PASSPORT

Your passport must be valid for at least 6 months after your return date. We recommended you keep a colour photocopy of your passport with you at all times.

VISA

UK and USA passport holders do not require a visa to enter Morocco for a period of up to 90 days, however, you should check the latest information with the Moroccan authorities before travelling.

VACCINATIONS

The World Health Organisation (WHO) recommend the following vaccinations for travel to Morocco. It is your responsibility to check the latest health information before departure.

Hepatitis A / Hepatitis B / Typhoid / Polio / Tetanus

INSURANCE

Before you can join any Kandoo Adventures trek / climb, you will need to insure yourself against accident, injury, and illness. Your insurance must cover the cost of helicopter evacuation and repatriation if necessary. Make sure your insurer knows of your travel plans, and verify that your policy fully covers your trek / climb, and any other activities you will participate in. Specifically for all our adventures in Morocco, you need to be covered for trekking up to 4200m. It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf. You will also need to bring details of your insurance cover to the pre-trek briefing.

MEDICATION

Your guide carries a first aid kit at all times but we recommend you carry the following items : - Painkillers - Anti-diarrhoea tablets - Sunscreen (high factor) for lips and skin - Moisturising cream (for sunburn) - Elastic bandage and regular bandages - Sanitary products - **Water purifying tablets or filters** - Mosquito spray - Blister bandage - Hayfever tablets (antihistamines).

OTHER INFORMATION

Alcohol:

Although Morocco is more liberal than many other Muslim nations you do need to be careful when purchasing or consuming alcohol. Morocco does allow the consumption of alcohol and you can buy beer, wine and spirits in licensed hotels, bars and supermarkets. In supermarkets there will often be a separate alcohol room which is out of sight. If you attempt to purchase alcohol outside of one of these licensed areas then you may find yourself in trouble with the police.

Bars with a licence to sell alcohol will not usually have windows. This is because although it is legal to purchase and drink alcohol on the premises, you are not allowed to be seen by the general public outside. Officially only tourists are allowed to drink outside but to avoid causing any offence it is best avoided. You are allowed to bring alcohol in to the country with you, but only a maximum of 1 litre.

While in Marrakesh, if you want to have a drink with a meal, it is best to check with the restaurant if they serve alcohol before you sit down. You should also ask if they are happy for you to sit anywhere whilst drinking or if

they would prefer you to sit at a corner table out of sight. While you are up in the mountains trekking, things tend to be a bit more relaxed than in the city. However, it is best to show some consideration for your cook and porters by checking with your guide before you crack open the whisky.

Dressing appropriately:

Although Moroccan people are very tolerant of tourists it is always a good idea to be respectful of the local customs. We would advise female travellers to keep their knees, shoulders and stomachs covered while out in public in Marrakesh to avoid any unwanted attention. You need to balance this conservative style of dress with the excessive heat that you may experience in Marrakesh. A long sleeved maxi dress will keep you covered while providing some airflow to keep you cool. Long sleeve breezy button up shirts, harem trousers or jeans are also good options.

For men it is best not to walk around topless despite the heat. Moroccan men do not tend to wear shorts, although there is certainly no problem with male tourists doing this, if you want to blend in with the locals then go for some loose fitting cotton trousers.

When you are in the mountains things are much more relaxed than in the city. You should wear clothing that is appropriate to the conditions and the activity you are engaged in; walking shorts and a light t-shirt will be a good combination for both men and women.

Animal welfare:

In the High Atlas Mountains the use of mules and muleteers (otherwise known as the Berber 4X4) is very common. The strong and sure footed mules have spent their lives up here in the mountains and they can transport your gear from A to B with ease. Mules are a big source of income for the local Berber people, as a result they are generally treated with great respect and consideration for their well being. However there are always exceptions and in some cases mules in the High Atlas have experienced terrible neglect and cruelty.

The main problems that cause suffering for mules are: traditional bits, overloading, inadequate feeding, wounds, poor footcare and working unfit mules (lame, sick or injured).

Kandoo Adventures are committed to ensuring that the mules we use on our treks receive only the very best treatment.

To ensure the animals are never overloaded we have placed restrictions on the weight of the luggage you can bring with you. Your main bag must always be flexible and not weigh more than 15kg. The maximum load a mule can carry is 80kg, this will ensure the health and comfort of the mule as well as a sustainable working life. We will not start trekking with mules who are obviously lame, sick or wounded. We will never condone the use of traditional bits which can cause terrible pain for the animals. We only work with a select number of muleteers who we know and trust to provide the very best level of care to their animals.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- 1 tent per 2 people
- 1 mattress per person
- Communal dining tent
- Toilet tent

CLOTHING TO BRING

- Hat for sun protection
- Hat for warmth
- Scarf or head scarf that can be wet
- Sunglasses
- Long sleeve shirts or cotton t-shirts
- Jumpers, 1 light weight and 1 warm
- Warm puffer style jacket
- Windproof and waterproof jacket with hood
- Breathable fast drying underwear
- Warm gloves
- Comfortable long trousers (fast drying)
- Waterproof trousers
- 1 or 2 pairs of long shorts
- Trainers or sandals for evenings
- Wool and cotton socks
- Hiking boots (high rise, sturdy soles)
- Swimming costume may be useful

EQUIPMENT TO BRING

- Sleeping bag, minimum rating of 5°C and sleeping bag liner
- 2 water bottles or flasks minimum (1 litre)
- Walking poles (highly recommended)
- Head torch with spare batteries and bulb
- Toiletries (including wet wipes)
- Toilet paper and a lighter for burning it after use
- Container for any toxic rubbish (batteries, sanitary items etc)
- Duffel bag (80 to 100 litres), flexible and water resistant (must not exceed 15kg)
- Daypack (30 to 40 litres) to carry with you each day
- Water purification system (charcoal filter, chlorine tablets or similar)
- Camera
- Microfibre towel

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

