

# TOUBKAL TREK

Fully Supported Trek | 5 - 9 June 2017

## Seasonal Factors

The dates are chosen because they fall at the start of Summer, when the conditions on the top of the mountain are more favourable for walkers. Protection from the sun will be essential.

## Altitude

We sleep at 3206m on Tuesday night and then walk up to 4167m on Wednesday morning. It is normal to experience some altitude related symptoms (e.g. headache and breathlessness) at this height.

## Mules

Mules will carry the main luggage; we'll carry day sacks containing water and other essentials.

## Level of Difficulty

Even though it is a short trek, it is physically challenging. You need to have a high level of fitness and must be confident walking on steep, uneven ground. There is no technical climbing, however the summit day will be rocky and there may be some snow near the top, left over from the Winter.



## Overview

Starting in Marrakech, the focus of this trip is an ascent of Jebel Toubkal, the highest peak in North Africa (4167m). We meet in Marrakech in the evening of 5 June 2017. On 6 June we travel by taxi to the small town of Imlil and walk to the refuge. 7 June is the summit day. On 8 June we return from the refuge back to a taxi point in Imlil and drive back to Marrakech.

Your expedition leader, Tom Battye, has a wealth of experience and is very familiar with this route. We'll be joined by a local Berber guide.



*The mountainside is one of the best places to reflect on oneself and the broader journey we are making as individuals through work and life.*



## Accommodation

Accommodation will be shared. On the trek, we'll all stay in one big dormitory and may be joined by other trekkers. In Marrakech we'll stay in twin and triple rooms.

## Money

The official currency in Morocco is the Moroccan Dirham (MAD). £1 = approx 13.5 MAD. It is possible to change GBP in Marrakech airport or use the cash machine there.

## Insurance

We recommend you use [Campbell Irvine](#). Your insurance must include helicopter evacuation.

N.B. Morocco counts as a European destination for insurance purposes.

## Cost

The cost of this trip is £595, which covers all ground costs: this includes all food, water, transport, accommodation, guides and mules from 6pm, Mon 5 June to 9am, Fri 9 June 2017.

### Mon 5 June 2017 – Day 1

The trip starts at 6pm on Monday, at the hotel in Marrakech.

### Tues 6 June 2017 – Day 2

We get up early and drive to Imlil (1740m) where the trek begins. From Imlil, we walk along the Mizane Valley, up a fairly gentle gradient for 6 hours. En route we pass the Berber village of Aremd (1900m), and the Shrine of Sidi Chamarouch. We stay at Le Refuge du Toubkal, Les Mouflons (3602m).

### Wed 7 June 2017 – Day 3

Our route will be via the 'south col', crossing a stream above the refuge and then scree fields covered in boulders and rocks. The walking is slow. It takes approx 4 hours to reach the summit where there are panoramic views of the Atlas Mountains. Finally, we re-trace our steps and spend another night in the refuge.

### Thurs 8 June 2017 – Day 4

Return on foot to the village of Imlil and travel by taxi to Marrakech for a celebratory meal and comfortable accommodation.

### Friday 9 June 2017 - Day 5

Breakfast at hotel in Marrakech – trip ends.



**Tom Battye**