

TOUBKAL TREK

Fully Supported Trek | 6 - 11 May 2018

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

On Monday we walk up to 2930m and sleep at 2250m. On Tuesday we walk up to 3647m and sleep at 3207. On Wednesday we walk up to 4167m and sleep at 3207m. It is normal to experience some altitude related symptoms, e.g. headache and breathlessness at these altitudes.

Mules

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

Level of Difficulty

The trek is challenging but not technical. You need to have a high level of fitness and confidence walking on steep, uneven ground. The summit day will be rocky and there may be some snow and ice near the top.



Overview

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 Sunday 6 May and then travel by taxi to Imlil (1740m). On 7 May, we walk to the first refuge, Azib Tamsoulte (2250m). 8 May involves trekking to the Toubkal refuge (3207m), via another peak, Agelzim (3650m). On 9 May, we summit Toubkal (4167m) and return to the refuge. 10 May, we walk to Imlil and drive back to Marrakech.

Your expedition leader, Tom Battye, has a wealth of experience and will be joined by a local Berber guide.



The mountainside is an ideal place to reflect on the journey you are making through work and life.

You can sign up for this trip at <http://www.tombattye.co.uk/toubkal-trek/>



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 12.2 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 £795, which covers all ground costs: this includes all food, water, transport, accommodation, guides and mules from 6pm, Sun 6 May to 9am, Fri 11 May 2018.

Sun 6 May 2018 – Day 1

The trip starts at 6pm on Sunday, at the hotel in Marrakech. We'll leave some bags here in storage before traveling by taxi to Imlil (1740m) where we stay the night.

Mon 7 May 2018 – Day 2 - *Approx 5 hours walking.*

We start walking along the Mizane Valley and then head west up a steep path and over the Tizi n'Tzikert pass (2930m) to the remote and basic Refuge Azib Tamsoulte (2250m). Here the accommodation is simple but the food is great.

Tue 8 May 2018 – Day 3 - *Approx 9 hours walking.*

We head uphill again, this time summiting Aguelzim South (3647), a high peak that overlooks the Mizane Valley before descending to Le Refuge du Toubkal, Les Moufflons (3207m).

Wed 9 May 2018 - Day 4 - *Approx 9 hours walking.*

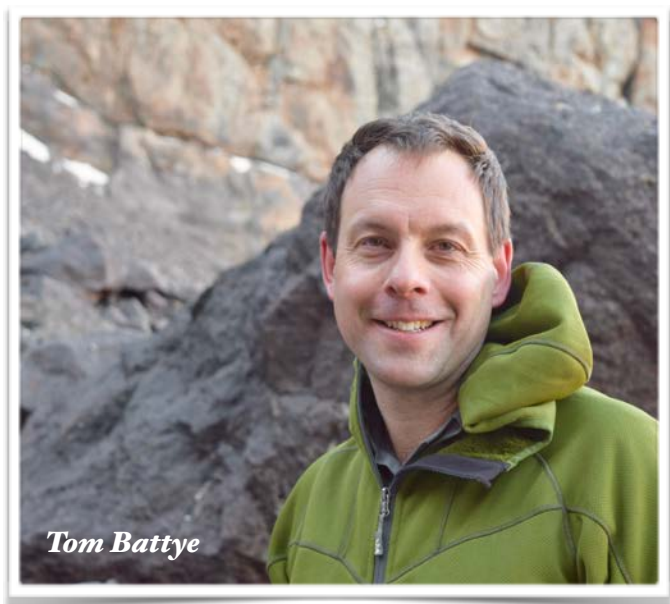
Summit day. Our route will be via the 'south col', crossing a stream above the refuge and then scree fields covered in boulders and rocks. The walking is slow and steep. It takes approx 4 hours to reach the summit (4167m) where there are panoramic views of the Atlas Mountains. Finally, we retrace our steps and spend another night in the refuge (3207m).

Thu 10 May 2018 - Day 5 - *Approx 5 hours walking.*

Return on foot to the village of Imlil. En route we pass the Berber village of Aremd (1900m), and the Shrine of Sidi Chamarouch. On arrival in Imlil, we'll meet our taxi driver who will take us back to Marrakech for a celebratory meal.

Fri 11 May 2018 - Day 6

Breakfast at hotel in Marrakech – trip ends.



Tom Battye