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# MOROCCO

## JEBEL TOUBKAL 4167M

### SUMMER ASCENT 2012

This trip is a 5 day summer ascent of North Africa's highest mountains. Climbing Mount Toubkal (4167m) is an exhilarating challenge that requires little trekking experience but rewards you with truly outstanding panoramic views of the High Atlas.

#### DAY 1 – MARRAKECH TO IMLIL

Arrive Marrakech and spend time exploring this amazing city and have lunch before our 1.5hr transfer by minibus to the Berber mountain village of Imlil (1700mts) where we stay the night in a guest house and make final preparations for the trek.

#### DAY 2 – IMLIL TO AZIB TAMSOUKT

After breakfast we load up all equipment and food supplies and leave Imlil for Azib Tamsoukt. As we leave the village of Imlil we pass through walnut and cherry orchards making our way up the Mizane valley before heading west over the Tizi Mzik pass (2489mt) for lunch. The trail then slowly leads its way to Azib Tamsoukt (2400mt) our camp for the night.

*Approx 6hrs walking*



#### DAY 3 – AZIB TAMSOUKT TO NETLER REFUGE

Today is a planned acclimatisation day. We leave Camp early morning and our aim for today is the summit of Aglzim (3500mt). Once on the summit we will have time to enjoy the stunning views over the High Atlas before starting our descent into camp. Finally arriving at camp (3206mt) in the Mizane Valley at the foot of Mt Toubkal late afternoon.

*Approx 7hrs walking*

#### DAY 4- TOUBKAL CLIMB

Early in the morning we make our attempt on the summit of Jebel Toukbal (4167mt), the highest peak in Northern Africa. Our route takes us up the south cirque, crossing the stream above the refuge. The walking is relatively straightforward, but the scree and the altitude will make the going quite difficult in parts. The views along the way make the journey more than worthwhile. When you reach the summit you will see that the vistas across the surrounding landscape are quite breathtaking. From here there are unrestricted views in every direction, from the Marrakesh Plain to the High Atlas in the north and as far south as the Anti-Atlas and the Sahara. We will retrace our steps when we return down the mountain and head back towards Imlil for late afternoon.

*Approx 10 hrs walking*

#### DAY 5 – IMLIL TO MARRAKECH

After a relaxing breakfast it's a short drive back to Marrakech. Time permitting we can explore Marrakech.

### **INCLUDED IN THE PRICE OF THE TRIP IS**

2 nights accommodation in Imlil  
2 nights Camping  
Qualified UK Mountain Leader  
Local Guide  
Cook  
Mule  
All meals in Imlil & whilst trekking

### **NOT INCLUDED IN THE PRICE OF THE TRIP**

Flights to and from Morocco  
All drinks and snacks  
Accommodation in Marrakech  
Meals in Marrakech  
Tipping  
Hot showers at the Neltner Refuge available at 10 Dirams per person, per shower

### **WEATHER & SAFETY**

The weather during the spring months is generally sunny days and cold nights. However, conditions can change very quickly. What can start out as a good day can soon become very poor. It is very important to be well equipped and prepared for all conditions.

Trekking in the mountains can be dangerous and although we take important steps to manage and minimise this risk we can never eradicate it altogether.

The Leader reserves the right to change the itinerary at any time should the conditions require it. This may be for a variety of reasons – climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

### **HEALTH**

All our guides are first aid trained and carry fully equipped medical kits for serious medical emergencies. There are no compulsory vaccinations for Morocco but we recommend you consult your GP before departure. A good level of fitness is required for this trip.

### **ALTITUDE**

This trip goes to high altitudes where there is a risk of being affected by Acute Mountain Sickness (AMS). Our itinerary is designed to enable you to acclimatise to these altitudes, but you should be aware that it is still possible for you to be affected. The refuge is at 3206m and so whilst you may feel some initial effects of this you are unlikely to have any serious AMS issues. It is

very important to drink plenty of water and maintain a good hydration level.

### **DRESS CODE**

As Morocco is a strict Muslim country we ask that you wear suitable clothing i.e. below the knee skirts/shorts/trousers and with shoulders covered.

### **ACCOMMODATION**

In Imlil we stay in a village house/gite with basic facilities. While on the trek we will be camping.

### **PASSPORT & VISA**

A valid 10 year passport with at least 1 year to run is essential. Visas for entry to Morocco are not required for my nationals of U.K, Ireland, Australia, New Zealand, USA, Canada, and most E.U. countries.

### **INSURANCE**

It is a condition of joining this trip that you are insured against medical and personal accident. Please note that there are no official mountain rescue services in Morocco and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land as opposed to helicopter. We will require documentary evidence of your insurance prior to departure.

### **HOW TO BOOK YOUR TRIP**

Please complete the booking and medical forms attached and return them along with a deposit of £100.00pp. This deposit is non-refundable and non-transferable. On receiving your booking we will confirm your reservation and send you a receipt for the deposit. The full balance is required to be paid no less than 4 weeks before departure. Payment can be made by cheque, payable to 'Adventurous Ewe' or by bank transfer to the following account:

Natwest Bank  
Account Number: 27103757  
Sort Code: 52-21-43

### **TRIP DATES 2012:**

17-21 May	05 -09 July
24-28 May	02-06 August
14-18 June	23-27 August
21-25 June	06-10 Sept
28 June – 02 July	20-24 Sept

**TOTAL COST £345.00PP**

