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MOROCCO

JEBEL TOUBKAL 4167M

WINTER ASCENT 2011/12

This trip is a 7 day winter ascent of North Africa's highest mountains. Climbing Mount Toubkal (4167m) and Quanoukrim (4088m) is an exhilarating challenge that requires little winter mountaineering experience but rewards you with truly outstanding panoramic views of the High Atlas.

The use of crampons and ice axes is required on winter ascents although this trip is designed as a non-technical winter climb. Some winter walking experience is recommended before joining this trip but is not essential. You should however be an experienced summer walker.

DAY 1 – MARRAKECH

Depart the U.K. arrive in Marrakech and spend time exploring the souks and visit the Djemaa el Fna an open-air market with food stalls, snake charmers, water sellers, travelling musicians and acrobats. We will spend the night in a traditional Riad within walking distance of the souks.

DAY 2 – MARRAKECH - REFUGE

After breakfast we depart Marrakech for the Berber village of Imlil. On arrival in Imlil we will load up all equipment and food supplies and start our trek for the Neltner Refuge. As we leave the village we pass through walnut and cherry orchids while slowly making our way up the Mizane valley stopping at the shrine of Sidi Chamarouch for lunch then onto the refuge in Neltner at 3208m. If time allows we will practise some basic winter skills.

Approx 6hrs walking

DAY 3 – ACCLIMATISATION/WINTER SKILLS

Today is a planned acclimatisation day. We will also get the chance to practice some winter skills. We leave the refuge early morning and our aim for today is acclimatisation we will also try and tick off one of the many summits in the valley before finally arriving back at the refuge late afternoon. There is also the option to relax at the refuge for the day and enjoy the stunning views.

Approx 7hrs walking



DAY 4- QUANOUKRIM SUMMIT

Today is another early start as we leave the refuge early morning and continue up the Mizane valley. Our aim for today is the summit of Quanoukrim (4088m) which is the 2nd highest summit in the High Atlas.

Again we will get the chance to practise more winter skills throughout the day.

Approx 9 hrs walking

DAY 5 – TOUBKAL CLIMB

Today we begin our trek to the summit of Mount Toubkal. The ascent starts climbing steeply as soon as we leave Neltner Refuge. We make our way up the south cwm before traversing the south ridge to the summit. We will then make our way back down to the refuge for late afternoon for a well earned rest.

Approx 10 hrs walking

DAY 6 – REFUGE – IMLIL

After a good breakfast we depart the refuge and start our descent to Imlil village stopping on route to enjoy the views of the Toubkal Massif.

We will then spend the evening in a local guest house enjoying some traditional Moroccan food and a cold beer.

Approx 6 hrs walking

DAY 7 – IMLIL TO MARRAKECH

After a relaxing breakfast it's a short drive back to Marrakech. Time permitting we can do some last minute bargain hunting before getting our flight back to the U.K.

INCLUDED IN THE PRICE OF THE TRIP IS

- 1 nights' accommodation in Marrakech
- 1 nights' accommodation in Imlil
- 4 nights' accommodation in Neltner Refuge
- Qualified UK Mountain Leader
- Local Guide
- Cook
- Porters
- Mule
- All meals in Imlil & whilst trekking

NOT INCLUDED IN THE PRICE OF THE TRIP

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

WEATHER & SAFETY

The weather during the winter 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.

Winter walking can be dangerous and although we take important steps to manage and minimise this risk we can never eradicate it altogether. The main danger is injury from avalanche or falling then sliding down a snow slope.

Although the guides can assist you in becoming accustomed to the use of ice axes and crampons the trip is not a winter skills training course. If you have not used ice axes or crampons before it is essential that you feel confident in picking up the necessary skills.

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 3160m 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. The Neltner refuge is reasonably basic and provides dormitory accommodation with a number of large communal rooms one of which is heated by an open fire.

PASSPORT & VISA

A valid 10 year passport with at least 1 year to run is essential. Visas for entry to Morocco are not required 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 £140.00pp. 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 2011 & 2012:

17-23 December	24-30 February
28 December – 3 Jan	3-9 March
9-15 January	10-16 March
16 - 22 January	24-30 March
3 -9 February	7-13 April
10-16 February	14 -19 April

TOTAL COST £445.00PP

