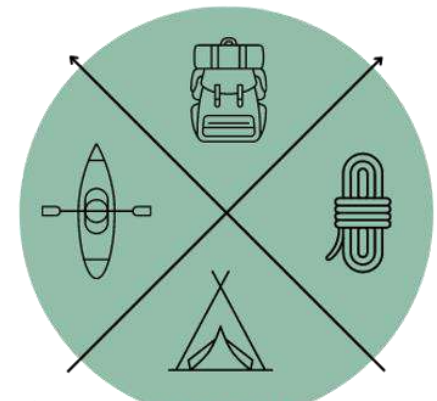


# ADVENTURESS IN THE WILD MT TOUBKAL SUMMER TREK



Adventurous  
ewe



**ADVENTURESS**

*In The Wild*

## Highlights

- Come and meet your wild side on our brand new trek to Mt Toubkal Morocco for women
- Ascend the rocky giant of Jebel Toubkal, North Africa's highest mountain at 4167m
- Witness the dramatic colours of the landscape from lush green valleys, colourful cherry blossoms to the rusty rock layers of the mountains.
- Experience traditional Amazigh communities enroute and learn about their way of life
- Stand on the summit and absorb the panoramic view of the Atlas Mountains, the Sahara Desert and the environments that have enclosed them for centuries
- Marvel at the incredible night skies as you camp under the endless display of stars
- Enjoy delicious and hearty home cooked Moroccan meals during your trek
- Opportunity to further explore the vibrant and colourful city of Marrakech
- Receive a complimentary Water-To-Go bottle when you depart on this trip to minimise our plastic foot-print in Morocco!



# WELCOME

'ahlaan bik

## Overview

Come and meet your wild side on our women's trek to Mt Toubkal for the Adventuress community.

Immerse yourself in another world with this short but action-packed mountain adventure in the heart of the High Atlas Mountains with other like minded femmes. Starting from bustling Marrakech you'll venture into the Grand Atlas Mountains in central Morocco to climb North Africa's highest peak, Mount Toubkal at 4167m.

Your adventure allows you time to absorb the vast mountain surroundings, historical culture of the Berber life and the chance to acclimatise for your summit bid of Mount Toubkal.

Tackling varied terrain and outlooks with your highly experienced guide, you'll receive friendly Berber hospitality as you wind your way up this rocky giant. The views on the way up are spectacular, but nothing compares to what you'll see (and feel) at the summit. From the mountain peak of Toubkal you'll experience stunning 360-degree panoramic views which extend across the rocky Atlas ranges and southwards to Jebel Sahro and across the Sahara Desert.

What better way to spend a long weekend than with this iconic mountain adventure with such warm hearted Moroccan people.

If you have any questions, please contact us at [susan@adventuousewe.co.uk](mailto:susan@adventuousewe.co.uk) or call 07747 346 588.





# TRIP SUMMARY



**Activity:** Trekking  
**Duration:** 5 days & 4 nights  
**Active days:** 3 days trekking  
**Altitude:** 4167m  
**Accommodation:** Local guesthouse, riad & camping  
**Cost:**  
Deposit: £95 per person  
Remaining balance: £400 per person  
Total cost: £495 per person

**Group size:** 6 - 24 people  
**Level of difficulty:** ■■■■■  
**Tough**  
**Dates:** Wednesday 7 – Sunday 11 June 2023

# ROUTE MAP

Get ready for an adventure



## DAY 1

Flight from UK to Marrakech, Morocco  
Transfer from Marrakech to Imlil

## DAY 2

Trek Imlil – Neltner Refuge

## DAY 3

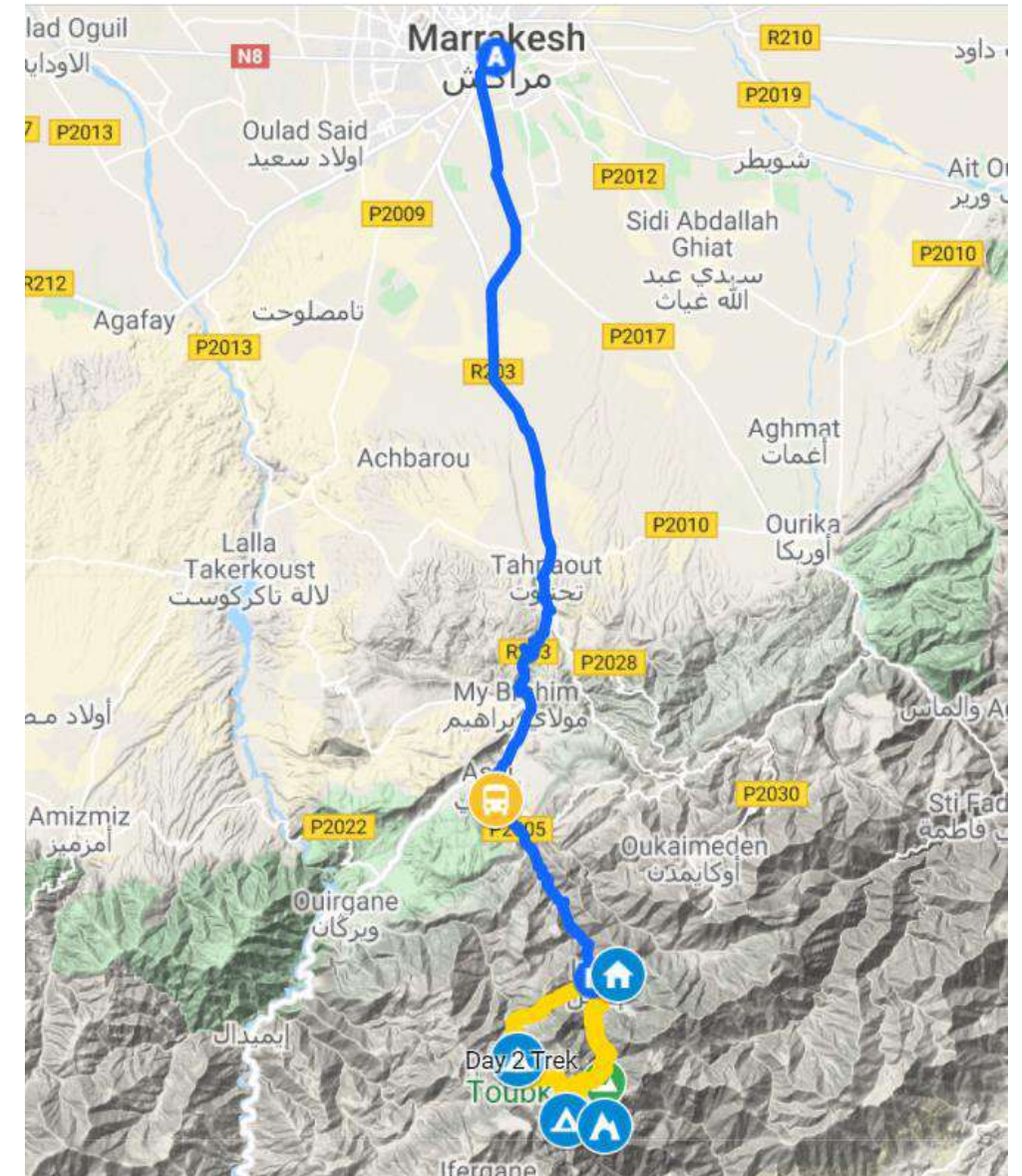
Acclimatisation Day – Quanoukrim  
(4088m)

## DAY 4

Summit Toubkal at (4167m) and return to  
Imlil

## DAY 5

Return transfer from Imlil to Marrakech and  
return flight home or extend your stay in  
Morocco



# ITINERARY

2 boots. 4176m of ascent. 3 days. 1 mountain. 1 epic mountain adventure

## DAY 1

### Flight from UK to Marrakech Airport, Morocco

Flight from London UK to Marrakech Morocco (approx 3.5 hours)

On signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at an additional cost. Flights are not included to give you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in Morocco if you wish. The recommended flights for this trip will include airport transfers in Morocco. There are direct flights from London and other major airports across the UK. Flights are operated by Easyjet, Ryan Air and British Airways cost upwards of £100pp economy return depending on which flights and when you book.

### Transfer from Marrakech to Imlil (1700m)

On your arrival into Marrakech Airport on the recommended Adventurous Ewe flight time, you will be met with a private transfer to the mountain Berber village of Imlil. You're welcome to arrive earlier into Marrakech as there will also be a designated pick up point the centre of the city for the same transfer. The transfer will take approximately 1.5 hours.

On arrival you will have time to get to know your fellow team-mates, make final preparations for your trek as your Leader will provide a full trek briefing over dinner and you'll overnight in a local family run guesthouse.

### Included

Transfer:	Transfer from Marrakech to Imlil
Accommodation:	Local family owned guesthouse (twin/multi share basis)
Meals:	Dinner

## DAY 2

### Trek Imlil to Azib Tamsoult (2400m)

After a delicious Moroccan breakfast, your crew will load up all the equipment and food supplies ready for your trek of Mount Toubkal. You will leave the picturesque Berber mountain village of Imlil and head for the Azib Tamsoult. Your trekking route will wind through walnut and cherry orchids and past Berber farms where goats & sheep are herded in the mountains as it slowly makes its way up the Mizane Valley. Your route will then head west over the Tizi Mzik Pass (2489m) for lunch. You will continue your ascent making your way deeper into the spectacular High Atlas mountain as the trail slowly leads it's way to Azib Tamsoult (2400m) for your overnight camp. Perched high on the mountain terraces it's a great setting to witness dramatic views down the valley. Approximately 6 hours trekking.

### Included

Kit bag transfer:	Main kit bag transferred from Imlil to Azib Tamsoult on mules
Accommodation:	Camping (2 person tents / single tents available on request)
Meals:	Breakfast, lunch & dinner



# ITINERARY CONTINUED

2 boots. 4176m of ascent. 3 days. 1 mountain. 1 epic mountain adventure

## DAY 3

### Acclimatisation Day – Azib Tamsoult to Netler Refuge (3206m)

Summit Aglzim (3500m)

Today is a planned acclimatisation day which will help prepare you for your Toubkal summit attempt the following day. Leaving camp in the early morning to continue your ascent into the High Atlas Mountains. As part of your acclimatisation and preparation, you will summit Aglzim (3500m) which awards you with vast views over rugged Grand Atlas. Your route then takes you through the Mizane Valley arriving back at Netler refuge in the late afternoon for another home cooked meal and overnight camp. Approximately 8 hours of trekking.

#### Included

Accommodation: Camping (2 person tents / single tents available on request)  
Meals: Breakfast, lunch & dinner

## DAY 4

### Summit Mt Toubkal (4167m)

An early start will take you to the top of the highest peak in North Africa. Your ascent starts climbing steeply as soon as you leave the Refuge. Your route winds and zig zags its way up the south cwm before traversing the south ridge to the summit. Here you will be rewarded with awe-inspiring panoramic views of the Atlas Mountains, the Sahara Desert and the environments that have enclosed them for centuries. With time to take your summit photos you will then make your way back down to the refuge for a well-earned break and some lunch before continuing down to Imlil. Approximately 8 – 10 hours of trekking.

#### Included

Accommodation: Local family owned guesthouse (twin/multi share rooms)  
Meals: Breakfast, lunch & celebration dinner

## DAY 5

### Imlil to Marrakech to UK

After a relaxing breakfast it's a short drive back to Marrakech.

Depending on your plans, you can either explore Marrakech and visit the Djemaa el Fna, an open-air market with food stalls, colourful spice stands, a huge array of clothing, leather goods and all sorts of trinkets, travelling musicians and acrobats. Or be transferred directly to the airport for your return flight to the UK.

#### Included

Transfer: From Imlil to Marrakech Airport or Hotel Ali (central Marrakech)  
Accommodation: Not included  
Meals: Breakfast only

**Please note**, if you wish to extend your stay in Marrakech, we can help you with plenty of recommendations of things to do and see, places to stay and suggestions on where to eat. Central Marrakech is only a short taxi journey to the airport plus there's many other areas of Morocco which are worth exploring if your time permits. Chief Ewe, Jim, has lived in Morocco so he has plenty of helpful tips available once you've booked on this exciting adventure.



# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



## TRIP SUMMARY

Snapshot of trip highlights



## TRIP DETAILS

Itinerary, activity details and inclusions



## TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



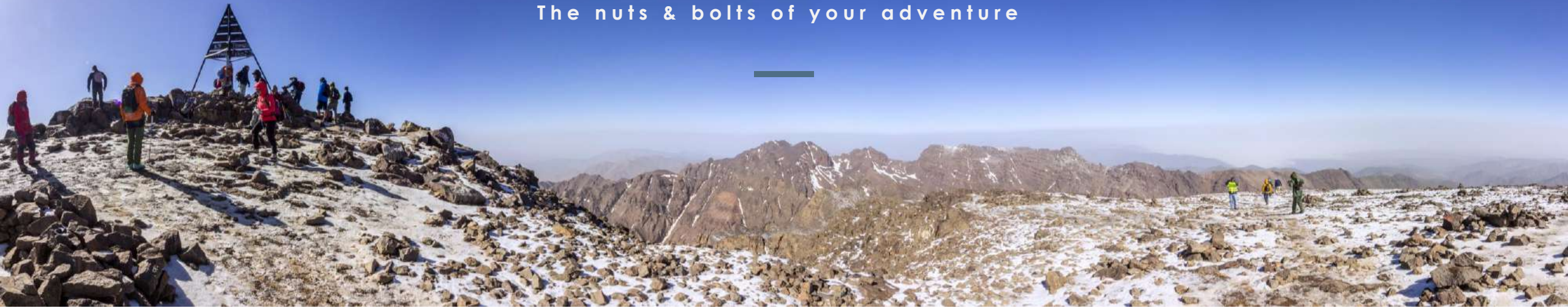
## OTHER INFO

Weather, maps, etc.



# ESSENTIAL INFO

The nuts & bolts of your adventure



01



## Safety & well-being

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Mt Toubkal Summer Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

## Leaders & crew

An Adventurous Ewe UK Leader will accompany groups of over 6 people and is an experienced high-altitude leader. Leaders have been carefully selected to ensure you have the best experience with a bit of humour thrown in for good measure. Your Leader will be Wilderness First Aid trained too.

Your Local Leader is a key part to this trip. They are expertly trained and experienced in every field of this high-altitude trek, bilingual (English and Arabic) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you. They are responsible for ensuring the complete safety, well-being and enjoyment of the team whilst also retaining a flexible and fun attitude. The Leaders have radio and phone contact with base, the local office and Adventurous Ewe's HQ.

## Trip grading

The Mt Toubkal Summer Trek is graded as 'Tough'. The trip is designed for confident trekkers who may be new to high altitude trekking as well as those who have some experience. Although this trek is not technically difficult, you should be an experienced walker as trails can be very stony. Most routes follow mule trails but there are some rough paths that involve walking on scree. The trek includes full portage and you should be prepared for a couple of long days with some boulders and steep sections (maximum 8-9 hours).

The temperature at particular times of year can make a difference to how tough this trek feels. Please note that during the summer months of July and August, Morocco can get very hot therefore departures during this time may not be suitable if you struggle with the heat. In addition, please be prepared for some stormy weather during the summer months. There can also be snow patches in late April/early May and from the end of September.



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## Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & well-being and to make your experience more authentic.

The minimum group size for this trek to run is **6 people** and the maximum group size is **16 people**.

## Training

A Trek Training Programme will be provided when you join this event to help you with your preparations.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and **Strength & Movement Coast, Peter Lant**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

**Our motto is: Train hard, smile harder and enjoy the journey!**

## Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for Cotswolds Outdoor.

Packing and kit tips will also be provided when you join sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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## Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

# Travel Admin

A quick snapshot of what you need to know...

## Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

## Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

## Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

## Visa

British nationals do not require a visa to enter Morocco for the purpose of tourism for up to 3 months. For the latest entry requirements, please visit <https://www.gov.uk/foreign-travel-advice/morocco/entry-requirements>.

## Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking more specifically for the adventurous activities undertaken on this trekking challenge at 4167 metres in altitude, personal liability, cancellation, curtailment and loss of luggage and personal effects.

## Vaccinations

There are currently no mandatory vaccination requirements. Recommended vaccinations include: Tetanus, Typhoid and Hepatitis A. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.





# WHY ADVENTUREOUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

# CARBON FOOTPRINT

We've crunched the numbers to work out the total carbon footprint of the Mt Toubkal Summer Trek, and plant or protect enough trees to suck 2x as much back out the atmosphere.

## What's the number?

It works out on average at **222kg** of CO2 emissions per person, including all local transport, accommodation, food, activities, leaders, crew and office operations.

The only thing not included is travel to Morocco. Given that our beloved guests travel from all parts of the UK for this adventure we have no way of reliably knowing their travel plans therefore we're unable to include an individual number in the figure on display here.

## What does the number mean?

To give you a snapshot of the numbers:

- Driving 1000miles/1609km would be approx. 281kg of CO2 in an average car (or 140.5kg per person if there was 2 of you).
- A return economy class flight London – New York would be approx. 1,619kg (1.66 tonnes) per person
- 10 trees in a temperate forest are estimated to remove approx. 250kg of CO2 from the air over a period of 5 – 10 years.

## What are we doing about it?

Our adventures are relatively low-carbon by design, and we're working to develop long term carbon reduction plan. Following much research into climate change organisations, we carefully selected to support the environmental charity, [Cool Earth](#). They're a sustainable operation and work with rainforest communities across the globe to halt deforestation and it's impact on climate change. We invest 1% of our revenue into supporting critical conservation projects world-wide with [Cool Earth](#).

On a local level here in the UK, we're an ongoing [business member](#) of the Snowdonia Society, plus Jim and Sue, together with some of our local leaders, also help the Society with their local projects such as planting native trees in Snowdonia. This is to help preserve the landscape and enhance wildlife habitat here in Snowdonia.



## TOURISM DECLARES CLIMATE EMERGENCY



### Want to know more?

We believe that with great travel, comes even greater responsibility. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. At Adventurous Ewe we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges. [Here](#) is our plan to do our part towards helping reduce factors that we can contributing to climate change as part of [Tourism Declares a Climate Emergency](#).

# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

## World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

## Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism

## Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;

Deliver climate action plans within 12 months from becoming a signatory and begin implementing;

Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.

For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>



# ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

## Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri  
Snowdonia Society



# TOP TIPS

## Summer mountain trekking

- Dress the part. Wear wicking or merino wool based t-shirt to wick any moisture away from your body. Do not wear cotton t-shirts
- Have good sun protection – full brimmed hat or cap with a buff/scarf to protect your neck, use SPF50 sunscreen
- Train in your trekking kit, including wearing your rucksack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your trek
- Wear good sturdy hiking boots which are comfy, well worn-in
- Look after your feet – blister prevention
- Climbing up scree slopes can be very taxing. A good method is to try walking up scree without making a noise. It will make you think about how you're putting your feet down, moving efficiently and not overstretching. Also, dig your toes in to get a firm footing. To head down, face outwards and kick your heels in on every step.
- If you really feel the heat, bring a handheld fan, buff & a full brimmed hat which you can wet or a cooling spray
- Despite the summer warmth in the day, as soon as the sun sets the nights can become very cool. Bring a warm fleece or light weight down jacket
- Have two bags – a daypack for the trek with your trekking kit (waterproofs, warm layer, snacks, water, first aid & any medication) and your kit bag (duffle bag) which will be transported by mules. Make sure your kit bag is no more than 10kgs for the mules
- Bring your own facemask and hand sanitiser (essential)
- Trekking poles which are retractable are a great way to provide stability and support your knees whilst hiking
- Bring some of your favourite high calorie snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak/platypus and flask that you can refill and avoid plastic bottles. Ensure you have some tried and tested electrolytes well
- Be respectful of the rural Berber communities, the people, their land and their homes
- **Most importantly.....SMILE AND ENJOY THE ENTIRE EXPERIENCE**





# COST

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<b>Deposit:</b>	£95 per person payable on booking
<b>Remaining balance:</b>	£400 per person payable 4 weeks prior to start of trip
<b>Total cost:</b>	£495 per person

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## **Book & Travel with Confidence**

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#) and see our [T&C's](#).

## **Fundraising**

All sponsorship monies are to be sent directly to chosen Charity/s / Foundation.

# INCLUSIONS & EXCLUSIONS

## MT TOUBKAL SUMMER TREK

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Trek training guide
- Discount on personal kit
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

#### During your trip:

- Adventurous Ewe Leader (for groups over 6 people)
- Local Mountain Guide
- All ground crew per your itinerary including cook and luggage transfer on the trek via mules (please ensure your kit bag does not exceed 10kgs for the mules)
- Satellite telephone and VHF radio
- 2 night's guesthouse accommodation (twin or multi share)
- 2 night's camping (twin share tents)
- All meals as outlined in your itinerary – 4 breakfasts, 3 lunches & 4 dinners
- Crampon and ice-axe hire
- Private vehicle transfers as outlined in your itinerary
- Safety equipment and first aid provisions
- Risk assessments, safety management and emergency planning
- All trip management and hygienic cleaning procedures of equipment before, during and post trek.

### NOT INCLUDED

- Travel insurance (mandatory)
- Vaccinations
- Return flights to Marrakech. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Additional excursions outside the itinerary
- Personal spending money and drinks (cash is needed for purchases of snacks & drinks along the trek route)
- Personal snacks, electrolytes, water purification tablets and medication
- Kit and equipment as listed on your kit list
- Tips for local crew
- Single room/tent supplement
- Any associated costs with leaving the trek early.

### TRIP EXTENSION

If you wish to extend your stay in Marrakech, we can help you with plenty of recommendations of things to do and see, places to stay and suggestions on where to eat. Central Marrakech is only a short taxi journey to the airport plus there's many other areas of Morocco which are worth exploring if your time permits. Chief Ewe, Jim, has lived in Morocco so he has plenty of helpful tips available once you've booked on this exciting adventure. For more information, please contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).

# KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your trekking journey.

## BAGS

- ❑ **Main kit bag (duffle bag)** – recommend no more than 70L soft duffle bag with back straps as you will need to carry this bag at some points. When on the trek, please ensure your bag weighs no more than 10kgs as the bags are transported by mules
- ❑ **Daypack** – 25 - 30 litre rucksack to carry your kit required on the trek. Ensure it is comfortable and has waist-straps
- ❑ **Dry bags** – we recommend packing your kit inside dry bags to ensure your kit remains dry in the case of wet weather. A wet-weather cover can also be used over your rucksack but this must be securely fastened to your bag especially during high winds.
- ❑ **Dry bag or small foldaway bag** - for which you can leave items not needed on the trek in your accommodation in Imlil

## CLOTHING

- ❑ **Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- ❑ **Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- ❑ **Down jacket** ideally with a hood. Great for wearing at night or in extreme weather conditions
- ❑ **Midlayer** or **fleece**
- ❑ **Trekking trousers** – with zip off legs are ideal. Avoid cotton trousers
- ❑ **Base layers** (merino wool or wicking fabric) long-sleeved top x 1 and long johns x 1 (ideal for sleeping)
- ❑ **Buff** – which can be used for sun protection and dusty scree slopes
- ❑ **Sun hat** – wide brimmed hats are ideal
- ❑ **Beanie** – for the evenings camp
- ❑ **Gloves** – light weight thermal or fleece gloves
- ❑ **Underwear** - Merino wool or wicking material, not cotton
- ❑ **Evening clothing** - for camping and at guesthouse

## FOOTWEAR

- ❑ **Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- ❑ **Trainers / crocs** – or comfy shoes to wear in the evenings
- ❑ **Socks** – minimum of 2 pairs of merino wool or synthetic trekking socks. Please ensure you trial your sock-wear prior to departure to ensure your choice is suitable
- ❑ **Flip-flops/sandals** or similar – for casual wear

## TREKKING EQUIPMENT

- ❑ **Water bottle** - suggest a 2-3 litre capacity. Platypus/ Camelbak system. A wide mouth water bottle is ideal for collecting water. Please bring water purification tablets to reduce the need for purchasing water in plastic bottles or use your [Adventurous Ewe Water-to-Go filtration bottle](#)
- ❑ **Head torch & spare batteries** - essential
- ❑ **Sunglasses** – essential and must have strong UVA/UVB protection
- ❑ **Trekking pole(s)** - optional
- ❑ **Gaiters** – optional. Should be worn over the boot & not tight
- ❑ **Sleeping bag** – please ensure a good 2-3 season sleeping bag with a comfort rating of -5°C as the nights can be cold when camping.
- ❑ **Sleeping bag liner** (optional)
- ❑ **Sleeping mat** – such as a thermarest

## TRAVEL ADMIN

- ❑ **Passport** plus photocopy of passport
- ❑ **Flight tickets**
- ❑ **Pen & address of your accom** – as you need to complete an arrival card on entering Morocco
- ❑ **Any COVID related documentation** for entry requirements
- ❑ **Travel insurance policy and emergency number**
- ❑ **Debit/credit cards**
- ❑ **Cash** – Moroccan Dirhams. You can withdraw dirhams's from ATM's at Marrakech Airport or in Marrakech. Don't forget to keep some cash for tips for your local crew.

## ADDITIONAL ITEMS

- ❑ **Antibacterial hand gel**
- ❑ **Sunscreen and lip block** – minimum SPF50
- ❑ **Favourite snacks** - both sweet and savoury
- ❑ **Electrolytes**
- ❑ **Camera** – enclose in a dry bag
- ❑ **Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- ❑ **Light-weight micro-fibre towel** – optional
- ❑ **Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, diarrhoea tablets and plasters/Compeed blister pads, zinc oxide or Rock tape, ankle and knee supporters if you need, etc.

## NICE TO HAVE

- ❑ **Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- ❑ **Ear plugs** for camping
- ❑ **Reading material / card games** for evenings
- ❑ **Spare dry bag** for dirty or wet clothing
- ❑ **Portable charger** - any chargers or battery items must be transported in your carry-on luggage during your flight
- ❑ **Reusable small foldaway** bag for shopping etc.
- ❑ **Go-Pro** - if you have a Go-Pro or similar, again this is a film-makers dream location, so feel free to bring this along as well. Please note, recharging facilities will be limited so it would be ideal to bring your own charging packs. Please note, the use of drones is **not** permitted in Morocco

An exclusive discount code will be provided on booking for Cotswolds Outdoor.

# ADVENTUROUS EWE

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Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

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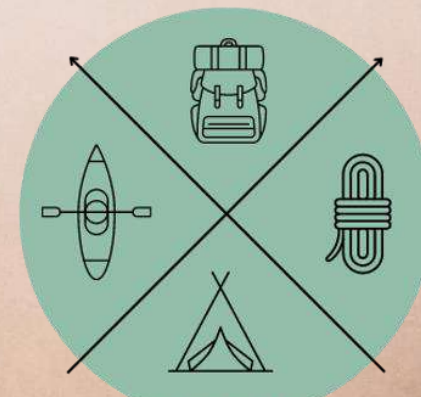


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We look forward to welcoming you to Morocco for this fantastic mountain trek showcasing the impressive High Atlas Mountains and the Berber communities of enroute to Mt Toubkal.



**ADVENTURESS**

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