



Mount Toubkal Bolt On - 4 Days

Tour dossier

This fantastic trekking bolt-on is not for the faint-hearted! Trek to the summit of Mount Toubkal, the highest mountain in North Africa, to be rewarded by stunning panoramic views of Morocco.

Tour Overview

Tour operates:	May - September
Tour type:	Trekking
Vehicle type:	Mini-van or 4x4 Land cruiser
Crew :	2 crew
Tour rating:	Challenging
Accommodation:	Refuge / camp and 3* hotel
Tour start-finish:	Marrakech - Marrakech
Min – max group:	2 - 16
Min age:	16

Price 2011

£219.00



Trek info

Area: High Atlas & Toubkal Summit

Grade: Hard

Altitude: Max. 4168m

Accommodation on trek:
Rustic refuge camp

Whilst trekking porters with mules, will carry your baggage and all of the heavy gear, you'll just need to carry a small day pack with your essentials in, such as wallet, camera, sun-screen and water bottle.

Tour Planning

This tour can be bolted on to the following tours:

Marrakech & Sahara (8 day tour)

Morocco Encompassed (15 day tour)

What you get

Full-board - 3 meals a day (excluding dinner on day 3)

2 nights in a traditional refuge / camp

1 night in a 3* Riad (traditional Moroccan guesthouse)

Service of cooks, mules to carry luggage, porters/local guides whilst trekking

Fully escorted trekking in the High Atlas & summit of Toubkal

All transportation in minivan / 4x4 land cruiser

English speaking trekking guide

Excluded

Flights

Travel insurance

Visas

Tipping kitty (£15)

Dinner on day 3

Optional activities

Drinks

Spending money

Itinerary

Day 1: Toukbal Refuge (3200m)

This morning we will transfer from Marrakech to the High Atlas mountains. Trekking through the rugged terrain, surrounded by beautiful mountain vistas, we journey to the Toukbal refuge. This bustling refuge is our resting point for the evening, before the great hike up to Toukbal Summit begins in the morning. Relax over dinner at the refuge, and meet like-minded fellow trekkers! (Lunch, dinner & overnight – Toukbal refuge / camp)



Day 2: Toukbal Summit! (4167m)

Toukbal is the highest mountain in the North Africa and it's an early start, so that we reach the summit before the fierce midday sun. Although the route is straightforward, Toukbal has huge scree slopes, which makes this hike more challenging. After a few hours trekking, we will reach the great summit. Stopping for lunch and a well deserved rest at the summit, you will be rewarded with breathtaking panoramic views over the High Atlas. Finally, we will descend the mountain and return to the refuge to spend the night. (Breakfast, lunch, dinner & overnight – Toukbal refuge / camp)

Day 3: The Descent

This morning we begin our final leg of our trek. We make the steep descent down rocky

paths, through almond groves and across flood plains. We pass the tiny settlement of Sidi Chamharouche, with its Muslim shrine and the village of Aroumd. After lunch it's time to bid farewell to our trekking team and head back to Marrakech. We'll be back in time for dinner and some well deserved rest and relaxation! (Breakfast, Lunch & overnight – Marrakech)



Day 4: Marrakech

This active trekking tour will end after breakfast in Marrakech.

Dates

Month	Start Marrakech	Finish Marrakech	Month	Start Marrakech	Finish Marrakech	Month	Start Marrakech	Finish Marrakech
May	07.05.2011	10.05.2011		11.06.2011	14.06.2011		20.08.2011	23.08.2011
	14.05.2011	17.05.2011		25.06.2011	28.06.2011		27.08.2011	30.08.2011
	21.05.2011	24.05.2011	July	09.07.2011	12.07.2011	September	03.09.2011	06.09.2011
	28.05.2011	31.05.2011		23.07.2011	26.07.2011		10.09.2011	13.09.2011
June	04.06.2011	07.06.2011	August	06.08.2011	09.08.2011		24.09.2011	27.09.2011
				13.08.2011	16.08.2011			



Useful Information

Before you go

Visas & permits

Visas are not required for British, Australian, New Zealand, Canadian, US and other EU nationals for a stay of up to 3 months. Please ensure your passport is valid for six months after your return date and that you get your passport stamped upon entry into Morocco. All other nationalities should contact the Moroccan embassy for details. Visas are your responsibility. Don't forget to check!

Vaccinations

It is recommended that you be vaccinated for Tetanus and Polio, if you haven't had a booster in the last ten years. Food and water-borne diseases are more common, so we recommend vaccinations for typhoid (valid 3 years) and Hepatitis A (validity varies). Morocco is not a high risk malaria area but if in any doubt please consult a physician or travel clinic for further information.

Travel insurance

All our passengers must be fully insured for travel in Morocco. Most travel insurance does not cover for trekking above 2000m as standard and you may have to pay a premium to cover yourself up to 3200m. It is essential that you get the correct level of cover. Please ensure that the policy provides adequate cover for hospital treatment, repatriation flights home in the event of you being too ill to continue the trek, personal accident, personal baggage and associated valuables. You must bring the policy with you as it is obligatory for joining any tour.

Packing

Luggage

Pack all your gear in a rucksack/holdall for this type of trip. Also bring a daypack, to keep personal items such as your wallet, camera and water bottle. Your rucksack/holdall must not have an exterior frame. Only the soft, flexible variety is permitted. Leave your suitcase at home, they're simply not practical.

Don't overdo it! Luggage is limited to 20kgs. Pack sensibly and take garments that are comfortable and cool. Morocco can be very hot in summer but after the sun sets and at high altitudes, the temperatures can drop, so

pack accordingly.

Sleeping bag – you will need a high quality, compact sleeping bag for camping at high altitudes. You may also want to bring a small trek pillow for added comfort.

What to bring (Full checklist provided)

Towel
Torch and batteries
Camera and spare memory card/film
Mosquito repellent
Water bottle
Personal first aid kit, antiseptic gel and wipes
Waterproof/wind proof jacket
A sturdy pair of walking shoes/boots
A photo-copy of your passport

In Morocco

Currency

GBP£1.00 = MAD13
USD\$1.00 = MAD9
EUR1.00 = MAD11

MAD = Moroccan Dirham, rates are subject to fluctuation. Exchange facilities are available at various bureau de changes in major towns and most banks have ATMs.

How much spending money is needed, depends largely on the individual. We currently recommend an average of USD \$20 - \$30 per day. We can't specify every sundry cost however and you'll need to allow for expenses such as drinks, snacks and the odd souvenir. Travellers Cheques can be difficult to change en route so we recommend you have cash for convenience and bring a card to use in the ATM's—most accept Visa, MasterCard, Electron, Cirrus and Maestro. There are ATM's at Marrakech airport, which you can use upon arrival.

Local prices

Mineral water (local brand, 500ml or 1L)
MAD15
Meal for 2 (entree, main, a beer, local restaurant)
MAD50-100
Beer (local brew Efes - 330-500ml approx)
MAD20
Chocolate bar (local brand) MAD5-10

Climate

Temperatures in Morocco are generally high, particularly during the summer months from May to September, so take sunscreen. However in the High Atlas it is very cold and some peaks can remain snow capped from November to July. You will definitely need to pack warm clothing for this trek.

Altitude

An altitude of over 3,000 meters is defined as high altitude and altitude sickness is the biggest health risk for trekkers. People can experience differing degrees of symptoms, which include headaches, nausea, dizziness, fatigue and shortness of breath. Our treks are designed to ensure there is plenty of time for adequate acclimatisation and cases of mountain sickness are rare. If you do suffer, symptoms will usually decrease in severity during acclimatization. It is important to drink plenty of fluids and eat carbohydrate food to keep the body properly hydrated. Please report any symptoms of altitude sickness immediately to your guide.

Responsible travel

Cultural awareness

We cannot emphasise enough that we are travellers and therefore guests. So it is our duty to respect and adjust where possible to the people of the region we are visiting. Your Tour Leader can let you know more as well as brief you on environmental matters.

Religious Awareness

Morocco is predominantly Muslim and, as such, we would ask all of our customers to respect and adhere to (when appropriate) the dress codes of the Islamic faith. This entails covering of shoulders and knees.

Nomadic

Nomadic donates to the Ait Ouham Association for Development, a local organisation set up by our own Moroccan Guide in his home valley in the Atlas Mountains. It seeks to improve lives through education, setting up co-operatives and providing basic facilities such as tap water to homes in the area.



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Pre departure checklist

- Marrakech & Sahara (8 day)

Essentials

- ø PASSPORT
- ø VISA (double check visa stamp dates if appropriate)
- ø AIR TICKET
- ø INSURANCE POLICY

PHOTOCOPY ALL OF THE ABOVE IN CASE OF LOSS

- ø BOOKING VOUCHER (this will act as a receipt for the tour. Please bring it!)

Money

- ø Tipping kitty (£25)
- ø **SPENDING MONEY** (Please note: Moroccan Dirhams (MAD) cannot be obtained outside of Morocco. Please bring cash (in Euros/ GBP/ US dollars), to exchange once in Morocco, or use ATM machines in the main cities.)
- ø Money belt

Personal

- ø Insect repellent (DEET based)
- ø Personal medical kit
- ø Anti-bacterial hand gel or wipes
- ø Sun cream
- ø Personal water bottle
- ø Sleeping bag (**optional**—blankets provided for desert camp)
- ø Torch plus batteries
- ø Pen knife (do NOT take as hand luggage on flight)
- ø Toiletries including: roll of toilet paper / sanitary towels
- ø If you wear glasses or contact lenses, bring spare glasses.
- ø Towel

IMPORTANT INFORMATION FOR ALL WINTER TRIPS NOV - APRIL

- ø 3—4 season sleeping bag for the night in desert which can be cold. (we do provide blankets as well)
- ø Bring extra warm clothing including hat / scarf & gloves

Add your own

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Miscellaneous

- ø Personal mp3 / ipod
- ø Electrical chargers 12v or 240v for camera's / ipod's etc
- ø UK to EU (2 pin) adaptor
- ø Camera with spare memory disk and batteries

Clothing

- ø Comfortable and practical clothes including:
 - Comfortable shoes & sandals
 - long sleeved shirt
 - warm sweater
 - shorts
 - one set of smarter clothes
 - t shirts
 - swim wear
 - light weight rainwear
 - socks and underwear

Clothes should be easy to wash and dry (ex-military clothes should not be brought).

Morocco is a Muslim country, so please be respectful of the culture and dress accordingly.

Remember...

- ø Luggage should NOT exceed 20 kg
- ø Please use a rucksack or holdall and for your day to day needs a small day bag. (Excess luggage should be left at joining hotel for pick up on return).
- ø Flight details should be sent to us, if applicable.

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