

# EXPLORE!

**BEST SELLER**

**Toubkal Climb**  
8 days

Morocco - Trip code MJ



## Toubkal Climb

This walking trip in the High Atlas culminates in the ascent of North Africa's highest peak, Jebel Toubkal (4,167m). Begin in the valley of Imlil, trekking through juniper forests, past Berber villages and over passes climbing steadily to a refuge at Neltner. From Neltner set out to nearby peaks including Toubkal, a rewarding climb with views of the whole Atlas chain.

## Trip highlights

- ★ **Jebel Toubkal** - Ascend to the summit of the highest peak in North Africa
- ★ **The Atlas Mountains** - Hike among the stunning landscapes of the High Atlas
- ★ **Berber Villages** - Discover remote villages and learn about the tradition and culture of the friendly local people
- ★ **Marrakech** - A chance to explore Morocco's captivating Red City

### ACCOMMODATION GRADE:

#### Simple

These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes with en suite facilities.

#### WALKING GRADE:

##### Moderate To Challenging

Combining moderate grade walks with some more strenuous hikes. This grade is ideal if you are fit and want to challenge yourself with a few longer, more demanding trekking days, possibly on difficult terrain or at higher altitudes.

#### GROUP SIZE:

##### 10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join tour Marrakech

Morocco's famous Red City, Marrakech is the spiritual heart of the country, a cultural melting pot of the mountain Berbers and the desert peoples of the south. Blessed with some of the most stunning architecture in Morocco, its mix of tradition, colour and history makes it the ideal starting point for this incredible journey into the High Atlas strongholds of the Berber tribes.



**Accommodation: Le Grand Imilchil** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

### DAY 2 - Trek to Tizi Oussem via the Matate and Azaden Valleys

Leaving Marrakech behind this morning we drive south, towards the Imlil Valley and the craggy peaks of the Toubkal Massif. At the village of Aquersioul (1,600 m) we begin our climb, hiking up into the Matate Valley and then on to Tizi n'Oudite (2,200 m), where we stop to enjoy a picnic lunch. Descending through a juniper forest into the Azaden Valley, we then continue towards Id Aissa, enjoying the views out towards the colourful mountain villages of Tizi Zougaghen and Tizaine as we make our way towards our final stop in Tizi Oussem (1,850 m). Today's eight and a half kilometre walk is expected to take around six hours with a total ascent of 750 metres and a descent of 500 metres.



**Accommodation: Tizi Oussem Gite** (or similar)



Simple Village House



Meals Provided: Breakfast, Lunch & Dinner

## DAY 3 - Trek to Aremd via the Tizi n'Mzik Pass

After breakfast this morning we continue walking along the valley, before beginning a steady ascent up towards Tizi Mzik (2,489 metres). From this high mountain pass we then begin our descent towards the village of Aremd (1,950 m). Built on a moraine spur overlooking the valley floor, Aremd is the largest village in the valley and provides us with a fascinating insight into Berber life. This afternoon we have a chance to take a walk around the village, taking in its captivating mix of terraced farming, traditional gites and mountain landscapes. Today's seven kilometre walk is expected to take around five hours with a total ascent of 429 metres and a descent of 539 metres.



**Accommodation: Aremd Village House** (or similar)



Simple Village House



Meals Provided: Breakfast, Lunch & Dinner

## DAY 4 - Trek from Aremd to Neltner Refuge via Sidi Chamharouch

Continuing along the Mizane Valley we cross the flood plain and follow the mule tracks up into the high rocky cliffs above the valley. Crossing the river we eventually come to the pastoral shrine of Sidi Chamharouch, set beside a small waterfall and a jumbled cluster of village houses clinging to the rock face. From here the trail continues to climb steadily, snaking and zigzagging its way up towards the snow-line and the welcoming sight of the Neltner Refuge (3,207 m). Today's nine and a half kilometre walk is expected to take around five hours with a total ascent of 1,257 metres.



**Accommodation: Neltner Mountain Refuge** (or similar)



Simple Mountain Refuge



Meals Provided: Breakfast, Lunch & Dinner

## DAY 5 - Trek to the summit of Jebel Toubkal (4,167m)

Early this morning we make our attempt on the summit of Jebel Toubkal (4,167 m). Our route takes us up the south cirque, a steep climb across scree and rock that leads eventually to the Tizi n'Toukbal (3,975 m). Cresting the ridge it is then just a short walk to the summit. On a clear day the views from up here take in the Marrakech Plain and the High Atlas Mountains and stretch as far south as the Anti-Atlas and the Sahara. From the summit we head back down to the refuge for a second night. Today's four and a half kilometre walk is expected to take around six hours with a total ascent of 967 metres and a descent of 967 metres.



**Accommodation: Neltner Mountain Refuge** (or similar)



Simple Mountain Refuge



Meals Provided: Breakfast, Lunch & Dinner

## DAY 6 - Optional ascent of Ouanoukrim (4,089m) : trek to Aremd

If conditions proved unfavourable yesterday, we have a chance to make a second attempt on Jebel Toubkal this morning. Alternatively there is an option for us to try an ascent of Ouanoukrim (4,089 metres) or to take a short walk out to Tizi Ouanoums to take in the views of Lake Ifni. This afternoon we then head back down to Aremd to spend another night in the village before we leave these mountain landscapes behind. Option a's 15.5 kilometre walk is expected to take around 10-11 hours with a total ascent of 882 metres and a descent of 2139 metres. Option b's 13.5 kilometre walk is expected to take around seven hours with a total ascent

of 393 metres and a descent of 1650 metres.



**Accommodation: Aremd Village House** (or similar)



Simple Village House



Meals Provided: Breakfast, Lunch & Dinner

## DAY 7 - Walk to Imlil and drive to Marrakech; free afternoon

Returning on foot to Imlil this morning, we then drive back to Marrakesh where, on arrival, we have some free time to explore the city's colourful souks and perhaps take a stroll around its celebrated Djemma El Fna Square. A feast for the senses, the square is a wonderful confusion of noise and colour, where you will find the streets alive with storytellers, musicians, jugglers and water-sellers: the perfect place to haggle for some last minute presents, or just sit at a cafe and watch the spectacle unfold before you.



**Accommodation: Le Grand Imilchil** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

## DAY 8 - Tour ends Marrakech

Your trip ends today in Marrakech after breakfast. Depending on the schedule of your flights, you may have some additional time to wander in the souks of Marrakech or buy your last souvenirs before departure.



Meals Provided: Breakfast

# Walking and Trekking information

## DAILY DISTANCES

Day 2	8.5km	
Day 3	7km	
Day 4	9.5km	
Day 5	4.5km	
Day 6	7km	6.5/8.5km
Day 7	1.5km	

Optional Walks

### Walking grade

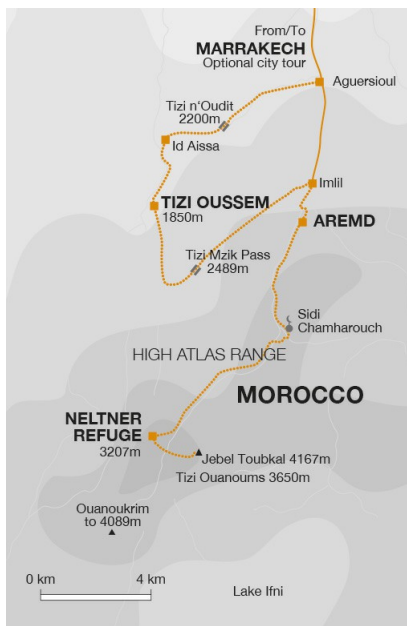
Moderate to challenging

### Trek details

Trek for 5 days for an average of 4 to 6 hours per day, with optional additional trekking on day 6. Maximum altitude 4,167m. Paths generally well defined but rocky and scree in places. Trekking poles are recommended particularly for the descent. Please be aware that there may be snow on the summit particularly at the beginning of the season. We have graded this trek as moderate to challenging.

### Max walking altitude (m)

4167



# What's included?



## Included meals

Breakfast: 7  
Lunch: 5  
Dinner: 5



## Transport

Minibus



## Trip staff

Explore Tour Leader  
Cook  
Driver(s)  
Local Guide(s)  
Muleteer(s)



## Accommodation

2 nights standard hotel  
2 nights simple mountain refuge  
3 nights simple village house

# Trip information

## Country information

### Morocco Holidays & Tours

#### Climate

The climate is both Mediterranean and Atlantic. The dry, hot season is from May to October when summer temperatures can reach 38°C and above (if sight seeing is included we will do our best to avoid the heat of the day during this period). Temperatures may drop significantly at times during the night as the day's heat rapidly diminishes. From December to January snow can be expected on mountain passes and it can be wet. In winter, day temperatures will probably be around 18-25°C, dropping to perhaps 0-5°C.

#### Time difference to GMT

0

#### Plugs

2 Pin Round

#### Religion

Islam

#### Language

Arabic, Berber, French.

## Budgeting and packing

### Optional activities

Marrakech - A guided tour through the vibrant city of Marrakech, the iconic Djemma El Fna, the souks and medina £6 (dependant on the schedule of your flights).

### Clothing

Morocco is a Muslim country and it is important to dress with respect for local customs. People may be offended by shorts or revealing dresses, which can attract unwelcome attention. We advise that in general both men and women should cover shoulders,

upper arms and knees. Transparent, plunging necklines and tightfitting clothes should be avoided. Women should also cover their heads when entering a sanctuary, though in general, mosques are forbidden to non-Muslims. For those clients on a cycling holiday please bear this information in mind for times that you are not on the bikes. While cycling it is no problem for both men and women to wear your regular cycling gear, tight fitting or not. In the highlands conditions are generally dry and sunny during the day but bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves for cooler nights in the mountains when temps drop dramatically. You will also need to bring waterproofs in case the weather changes, particularly at the start and end of the season.

## Footwear

We recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

## Luggage

15Kg

## Luggage: On tour

One main piece of baggage and a rucksack which will be used for a daypack. It is preferable to bring your luggage in soft holdalls rather than a large suitcase - as it is easier to pack them on the vehicles and the mules. It will be possible to store unrequired and additional luggage at the hotel or with our agent in Marrakech during the trek.

## Equipment

Bring a 3-season sleeping bag (during May and Sept you will need a 4 season bag), torch, high factor sunscreen and sunglasses. Trekking poles are recommended, particularly for the descent from the summit of Toubkal.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow approx. £15 for tipping of crew and local guides used. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

## Country Information

### Morocco Holidays & Tours

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

**Dinner price**  
£5.00 - 8.00

**Beer price**  
£2.5

**Water price**  
£0.6

#### Foreign Exchange

**Local currency**  
Moroccan Dirham (MAD).

#### Recommended Currency For Exchange

USDollars, Sterling and Euros are readily exchangeable. We recommend you take a mixture of cash and credit cards. Scottish bank notes and Australian dollar travellers cheques and cash are NOT normally accepted in Morocco.

#### Where To Exchange

Most major towns - your Tour Leader will advise you.

**ATM Availability**

ATMs are available in main towns/cities, though can be unreliable.

**Credit Card Acceptance**

Not all places.

**Travellers Cheques**

Travellers cheques are difficult to exchange and are not recommended.

## Transport, Accommodation & Meals

### Transport Information

Minibus

### Accommodation notes

**Booking a Single Room**

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Morocco is a developing country and as such, the accommodation standards are not equivalent to those in Europe and can be more basic. We generally choose our properties because of their location, cleanliness, traditional style or for their welcoming atmosphere, as we endeavour to provide an authentic Moroccan experience. However, some of the properties might have some outdated or simple furniture and the level of service may vary depending on the location. You may find that availability of hot water is variable or limited in certain locations. Breakfasts are generally continental style. A swimming pool may be available in the cities. Day two you stay at the The Tizi Oussem Gite which is on the edge of the village nestled in amongst other houses and buildings. Its built into a hillside so you enter on the second floor with a communal room, where you eat. The rooms are two-four bed/dorms. They have a large and very thick mattress on the floor. It's a rustic property with one shared bathroom (two showers and four toilets) but it is charming and the staff are lovely. On days three and six you stay at The Armd village house. This has a number of twin or triple rooms with shared facilities and a communal area for eating socialising and roof terrace. All is bedding provided. These are a fantastic way to meet the local Berber people and gain an insight into their lives. On days four and five you stay at Neltner refuge. The rooms are basic dorm rooms with bunk beds (ear plugs recommended!). There is no bedding provided. There are shared toilet facilities (take your own toilet roll). There are showers, which may or may not be hot. There's a dining room and large lounge area with a wood burning stove (wood is extra), where everyone gathers and socialises in the evening. Please be prepared to pay extra for the hot showers, wood and bottles of water. It's a great way to meet like-minded trekkers from all over the world.

## Essential information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click here.

For more information from Explore about travel advice, click here

**Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)



## Visa Information

Morocco: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer click [here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Maximum altitude (m)

4167

## Altitude information

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on tour you must

let your tour leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of "Medex" and downloading their information booklet: [http://medex.org.uk/medex\\_book/english\\_version.php](http://medex.org.uk/medex_book/english_version.php) Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude the trip reaches (please refer to Tour Essentials box on front page of your Tour Notes). Please take these to your medical appointment so that your doctor has the full details of your trip. You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

## **Morocco Holidays & Tours**

### **Vaccinations**

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria.

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