

# EXPLORE!



BEST SELLER

## Toubkal Climb

MOROCCO - TRIP CODE MJ

WALKING AND TREKKING

### Why book this trip?

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This week long trekking trip in Morocco culminates in the ascent of North Africa's highest peak, Jebel Toubkal (4,167m). Trek through the valley of Imlil, past Berber villages and over beautiful passes surrounded by panoramic views of the High Atlas Mountains.

- **The Atlas Mountains** - Get away from it all trekking through the untouched landscapes of the High Atlas
- **Berber Villages** - Stay in village houses, learning about the culture of the friendly people
- **Marrakech** - A chance to explore the maze of souks and immerse yourself in the atmosphere of Djemma El Fna Square



**INCLUDED MEALS**  
 Breakfast: 7  
 Lunch: 5  
 Dinner: 5



**TRIP STAFF**  
 Explore Tour  
 Leader  
 Cook  
 Driver(s)  
 Local Guide(s)  
 Muleteer(s)



**TRANSPORT**  
 Minibus



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



**WALKING GRADE:**  
 Moderate To  
 Challenging



**GROUP SIZE:**  
 10 - 16

## 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)



**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**SWIMMING POOL AVAILABLE**



**MEALS PROVIDED: NONE**

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## DAY 2 - Trek to Tizi Ousseem 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 Ousseem (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 Ousseem Gite (or similar)



Grade: Simple Village House



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## 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)



Grade: Simple Village House



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## 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)

Grade: Simple Mountain Refuge



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## 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)

Grade: Simple Mountain Refuge



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## 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 - 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 - 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)



**Grade: Simple Village House**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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**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.

Today's one-and-a-half kilometre walk is expected to take around 45 minutes with 210 metres of descent.



**ACCOMMODATION:**

Le Grand Imilchil (or similar)



**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**SWIMMING POOL AVAILABLE**





MEALS PROVIDED: BREAKFAST

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### 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

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## Trip information

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### Country information

#### Morocco

##### 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	Plugs	Religion	Language
0	2 Pin Round	Islam	Arabic, Berber, French.

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### Budgeting and packing

#### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Marrakech:

- A guided tour through the city, into the souks, around the medina and past the iconic Djemma El Fna



£15 (dependent on the schedule of your flights)  
- Bahia Palace entrance fee 70. MAD (approx. £6)  
- Saadien Tombs entrance fee 70. MAD (approx. £6)  
Aremd - Local hammam approx. £5

## Clothing

Bring light and comfortable clothing that can be layered according to the temperature. The weather conditions in the mountains can be changeable, and it will be cold, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier and warmer are recommended as a base layer, and walking trousers are preferable to trousers of heavier material such as jeans.

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.

-Warm jacket and trousers - After sunset and before sunrise, temperatures can fall. A warm jacket and long warm trousers are the most convenient way of keeping warm, a down jacket is recommended

-Waterproof Jacket - To act as a shell layer and in case the weather changes, particularly at the start and end of the season

-Waterproof gloves; a warm scarf & a warm hat - Warm and windproof gloves or mittens are essential for summit day. Also bring a scarf to cover your neck

-Socks - It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters

-T-shirts

-Long sleeved tops

-Long trousers

-Sunhat

-Warm midlayer/ fleece

-Swimwear for the pool at the hotel

## 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.

Crampons - Bring your own if you have them or these can be hired locally for MAD300 (approx. £20) each for the duration of the trip. They can go on any type of walking boot. This is only applicable at the

start (Apr- May) and end of the seasons (Oct) if there is late/early snow on the summit. Please advise us if you would like to hire this equipment locally so we may add a note to your booking.

## **Luggage**

15Kg

### **Luggage: On tour**

One main piece of baggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream and water. 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.

## **Equipment**

Bring a 3-season sleeping bag (during May and Sept you will need a 4 season bag). A silk or fleece liner helps to keep your bag clean and adds an extra season.

Sunglasses/ ski goggles and high factor sunscreen and lip protection- Essential for protection against UV rays and glare at high altitudes.

Torch/Batteries/Bulb - A small torch is essential for finding things at night, a head torch is advised for the early ascent to the summit. Remember to bring some spare batteries.

Walking Poles (advisable for the descent)

Small waterproof dry bag (for items such as your mobile phone)

Reusable water bottle (minimum 1litre) - an insulated bottle is also nice to have for hot drinks.

Personal toiletries - Toothbrush/paste, washcloth or small towel, wet wipes, toilet paper, anti-bacterial hand wash

Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials. Please do not give medicines to local staff without consulting the tour leader.

Equipment Hire and Trek Training Days - Trek Hire UK hire out a wide range of kit including quality sleeping bags, down jackets, therm-a-rest sleeping mats and walking poles <http://www.trekhireuk.com>. They also run regular trek training and preparation days from their base in the Surrey Hills, ideal for getting an indication of your overall fitness level and also covering advice on kit and altitude.

## **Tipping**

### **Explore leader**

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline.



## 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. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow £25.00 per person for group tipping.

## Morocco

### 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.

Lunch price	Dinner price	Beer price	Water price
£6.00 - 8.00	£8.00 - 12.00	£2.5	£0.6

### Foreign Exchange

#### Local currency

Moroccan Dirham (MAD).

#### Recommended Currency For Exchange

US Dollars, 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.

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## Transport, Accommodation & Meals

### Transport Information

Minibus

### Accommodation notes

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.

For 2020 departures we have upgraded the hotel in Marrakech, located in the new city centre with a half hour walk to the main Jamaa El Fna Square. The hotel has a rooftop swimming pool and a restaurant, the rooms are air conditioned.

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.

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## **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.

### **Price Guarantee**

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 and Passport 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.

UK passport holders are requested to have at least 3 months validity from the date of entry into Morocco. All other nationalities please check with your nearest embassy for requirements of passport validity.

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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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

### 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. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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### Walking and Trekking information



### 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 rocky mule tracks. The Toubkal ascent/descent is on uneven paths with scree in places. Please be aware that there may be snow on the summit particularly at the beginning (April-May) and end (October) of the season.

### Max walking altitude (m)

4167



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**