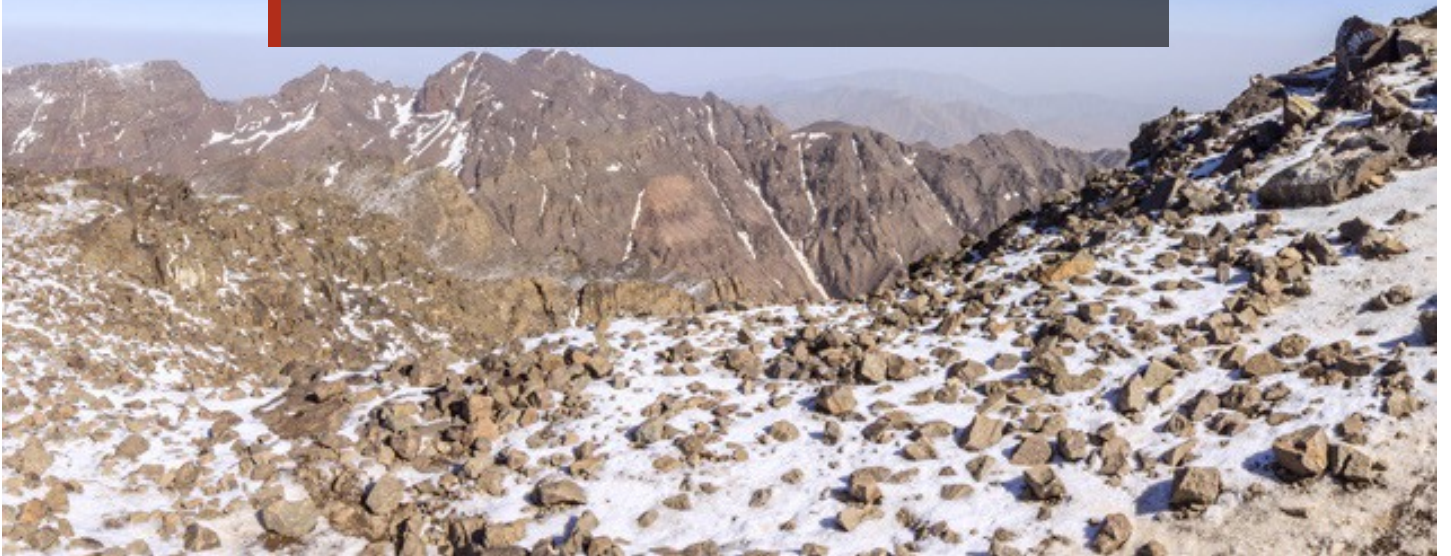


Toubkal Long Weekend

MOROCCO - TRIP CODE ATA

WALKING AND TREKKING



Why book this trip?

One for the weekend Explorer, spend two-and-a-half days in Morocco's Atlas Mountains trekking to the summit of North Africa's highest peak, Jebel Toubkal (4,167m). Enjoy panoramic views and discover the exotic backstreets of Marrakech on foot.

- **The Atlas Mountains** - A challenging trek among the spectacular valleys of the High Atlas
- **Berber culture** - Enjoy freshly prepared Moroccan meals and traditional Berber hospitality
- **Marrakech** - Time to explore Morocco's captivating 'Red City'

**INCLUDED MEALS**

Breakfast: 4
Lunch: 2
Dinner: 2

**TRIP STAFF**

Explore Tour
Leader
Cook
Driver(s)
Trek Crew

**TRANSPORT**

Minibus

**ACCOMMODATION**

1 nights simple camping
2 nights comfortable hotel
1 nights simple village house



WALKING GRADE:
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 trip Marrakech

Arrive in 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 those arriving on time our Leader plans to meet you in the hotel reception at 6pm for the welcome meeting. There are no activities planned today, so you are free to arrive in Marrakech at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Marrakesh Menara Airport (RAK), which is around 20 minutes' drive. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up.

If your flight arrives earlier in the day, perhaps you might choose to relax beside our hotel's rooftop swimming pool or take a stroll around Djemma El Fna Square.



ACCOMMODATION:
Hotel Almas (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Drive to Imlil; trek to Toubkal camp via Aremd

Leaving the city behind we drive south today, towards the craggy peaks and plunging valleys of the Toubkal Massif. Crossing the Haouz Plain we pass through the tiny town of Asni, from where our road begins to climb towards the foothills of the Massif. Below us the valley of the Oued Rhirhaia stretches out into the distance and small villages cling to the sides of the steep hills as we meander our way towards the village of Imlil (1740m). Here we leave our vehicle and, in the company of our mountain guide, begin our trek, heading along the Mizane Valley, first towards the village of Aremd (1900m) and then onto the shrine of Sidi Chamarouch. Built on a moraine spur overlooking the valley floor, Aremd is the largest village in the valley and provides an interesting mix of traditional terraced farming, gites and streets that seem to be permanently gridlocked by goats and cattle. For generations the local Berber villagers have worked these lands, producing corn, potatoes and walnuts from the harsh landscape. Continuing across the flood plain our route takes us along mule tracks and up into the high rocky cliffs above the valley. Crossing the river we eventually come to the pastoral shrine of Sidi Chamarouch, which attracts tourists and pilgrims alike (although only Muslims are allowed to cross the stone bridge to visit the marabout shrine itself). The village sits beside a small waterfall, a jumbled cluster of houses that seem to melt together into an anarchic mass. From here the trail continues to climb steadily, snaking and zigzagging its way up to the snowline and our camp (3206m).

We camp at the base of Toubkal, near to the Refuge with fantastic views down the valley. You can buy drinks and snacks at the refuge and showers are available at an additional cost. Two man tents are provided with a dining tent and basic toilet tent.

Today's 11 kilometre walk is expected to take around five hours with a total ascent of approximately 1,460 metres.



ACCOMMODATION:
Toubkal Base Camp (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - Trek to summit of Jebel Toubkal (4165m)

Early this morning we make our attempt on the summit of Jebel Toubkal, the highest peak in Northern Africa. Our route takes us up the south cirque, crossing the stream above the refuge and then heading across one of the mountains numerous scree fields, where we will have to negotiate a seemingly endless carpet of boulders and rocks. The walking is relatively straightforward, but the scree and the altitude will make the going quite difficult in parts, however, the views along the way make the journey more than worthwhile. Cresting the ridgeline we find ourselves on the plateau, from where it is a short walk to the summit and the vistas out across the surrounding landscape are quite breathtaking. From here there are unrestricted views in every direction, from the Marrakech Plain to the High Atlas in the north and as far south as the Anti-Atlas and the Sahara. Pliny, the great Roman scholar, once described the High Atlas Mountains as 'the most fabulous mountains in all of Africa' and from our vantage point high above the valley it is easy to understand why. Retracing our steps we then return down the mountain and head back towards Aremd (1900m).

In Aremd we stay in a traditional Berber village house. There are number of twin or triple rooms with shared facilities, hot showers and a communal area for eating.

Today's 17 kilometre walk is expected to take around 10 to 11 hours with 967 metres of ascent and 2,217 metres of descent.



ACCOMMODATION:
Aremd Village House (or similar)

Grade: Simple Village House



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Trek to Imlil; drive to Marrakech for a free afternoon

Returning on foot to Imlil (1740m) this morning, we then drive back to Marrakech where, on arrival, you will have some free time to explore the city's colourful souks and its celebrated Djemma El Fna Square. A feast for the senses, the area is a chaotic confusion of noise and colour, where you will find the streets alive with storytellers and letter-writers, musicians, jugglers and watersellers. There is the option to take an afternoon walking tour around the souks with a local guide, also visiting the museum and the elegant Koutoubia mosque and tower, reputed to be the most perfect Islamic monument in North Africa. Marrakech is divided into two distinct parts, the Gueliz (or modern French-built city) and the Medina (the Old City) and you may prefer to spend your final afternoon independently exploring its maze of narrow streets, filled with the sounds, colours and smells of the exotic, perhaps haggling for some last minute presents, or just sitting in a café and watching the street tableaux unfold before you.

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



ACCOMMODATION:
Hotel Almas (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Trip ends Marrakech

The trip ends after breakfast at our hotel in Marrakech.

There are no activities planned today, so you are free to depart from Marrakech at any time. If your flight is departing later in the day, luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Marrakesh Menara Airport (RAK).

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

Trip information

Climate and 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.

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)

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.

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. 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). 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, 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 £15.00 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.

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.

Camping at the base of Toubkal, two-man tents are provided with plenty of room for two people and bags. There will also be a dining tent and a basic toilet tent set up. The trek is fully supported by our team of porters and mules who set up and take down the tents, and prepare our meals. They also carry water and all bags except daysacks. The camping area is across the river from Neltner refuge. You can use the facilities at the refuge, including shared toilets (take your own toilet roll) and showers, which may or may not be hot (additional cost) and there's a small shop selling drinks and snacks.

In Arned we stay in a traditional Berber village house. There are number of twin or triple rooms with shared facilities, a communal area for eating and socialising, and roof terrace. All bedding is provided. This is a fantastic way to meet the local Berber people and gain an insight into their lives.

Essential Information**Government Travel Safety 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, Commonwealth & Development 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 be able to apply through Explore's recommended visa service in the UK, Travcour. See 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 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

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.

Walking and Trekking information



Walking grade

Challenging

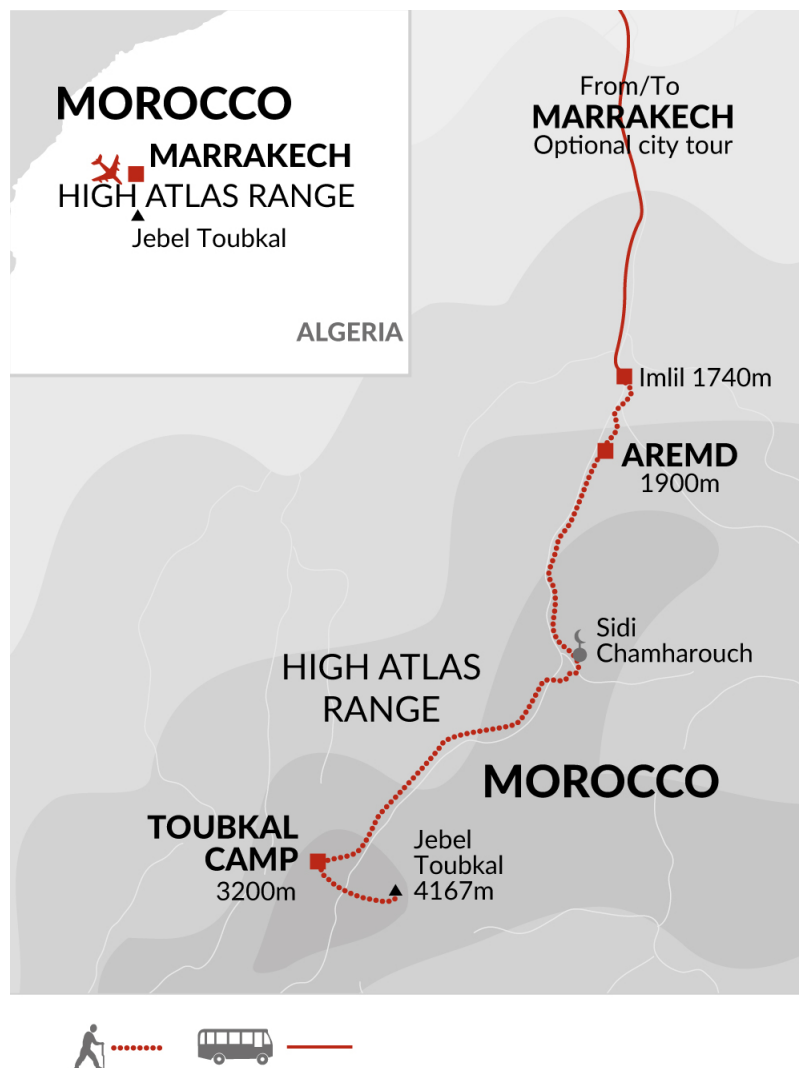
Trek details

Trek for 5 hours on the first day and 10 to 11 hours on the second. Short walk to return to Imlil. Maximum altitude 4167m. Paths generally well defined but rocky mule tracks. The ascent and descent from Toubkal is on uneven paths with rocks 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. Mules carry the luggage.

Max walking altitude (m)

4167

Additional Information



Ramadan

In 2020, Ramadan runs from 24 April - 23 May. Read more about travelling during Ramadan.

The following 2020 departures will coincide with Ramadan.

7 May 2020

14 May 2020

Reviews



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
PROMISE



AIRPORT
TRANSFERS