

# 4000m Peaks of Morocco

Trip Code: MFF

Version: MFF 4000m Peaks of Morocco



WALK & TREK



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- Stand on the summit of Mount Toubkal after visiting remote mountain villages
- A wonderful trekking and cultural experience through the land of the Berbers
- Summit lesser known peaks on a stunning journey through the High Atlas
- Stroll through exotic oases and soak up the magical atmosphere of Marrakech

## AT A GLANCE

- 12 days trekking
- Max altitude 4167 metres
- AIRPORT TRANSFERS INCLUDED
- Join at Marrakech

## ACCOMMODATIONS & MEALS

- All meals included
- 10 nights Camping
- 2 nights Hotel
- 2 nights Gite / Hostel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

This wonderful two week holiday takes you on a fantastic trekking journey through the High Atlas Mountains of Morocco all the way to the summit of North Africa's highest peak Mount Toubkal (4167m). Alongside Toubkal, KE have added the incredible summits of Ouanoukrim (4089m), Adrar n Derm (4001m) and Bouiguinoussem (4025m) for the ultimate Moroccan 4000m high. Home of Berber villages nestled between picturesque valleys, this adventure holiday is also a wonderful cultural journey through breath-taking landscapes and over high passes. From the charming valley of Zat Valley, we make our way towards the foothills of Toubkal on footpaths hidden in dramatic gorges. Our first 4000m peak is Adrar n Derm, a remote mountain which rewards us with incredible views of our next High Atlas giants, Ouanoukrim and Toubkal. After standing on the top of Morocco's two highest mountains we finish our trekking adventure on the top of our final 4000m peak - Bouiguinoussem. The holiday ends in the bustling city of Marrakech which provides the perfect contrast to the solitude of Morocco's High Atlas. This holiday opens your eyes to a wilder side of the High Atlas Mountains and includes time to explore Marrakech as a grand finale.

**Unsure of which Toubkal holiday is for you? Check out our Toubkal guide [here](#)**

## A GENUINE SMALL GROUP EXPERIENCE - THE SECRET OF OUR SUCCESS

We are proud to say this holiday in Morocco is limited to a maximum group size of 12, ensuring you enjoy a genuine small group adventure. We've been taking people trekking and walking for over thirty years so we know the ingredients of a good guide and a successful group holiday. Toubkal and these 4000m peaks are neither particularly high nor technically demanding, but the experience and knowledge of our Moroccan leaders, teamed with a smaller group size, can make a big difference on summit days and during this trek

## Is this holiday for you?

This trekking holiday covers a variety of terrain from well-established trails between valleys and villages to zig-zag trails on scree for the ascents of the peaks and whilst trekking up passes. Daily walking distances are not particular long but the trek does involve a fair amount of ascent and descent. Typically you'll be walking for approximately 6 hours each day with the occasional longer day. During the summer months, the High Atlas does experience strong sun which can have an effect on the daily trekking pace. The highest altitude for sleeping on this holiday is only a little over 3000 metres, however trekking above 3,000 metres will provide a challenge, and therefore you need to ensure you are prepared for the trek.

You should be comfortable with walking for up 6 or 7 hours each day, and for several days continuously. To reach the summit of Ouanoukrim requires some straightforward scrambling, however the optional ascents of the four peaks presents no technical difficulty and should be within the capabilities of fit and active walkers.

# Itinerary

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## DAY 1

**Meet at the group hotel in Marrakech. Transfers from Marrakech Airport are provided.**

Your holiday starts at the hotel in Marrakech. On arrival at Marrakech Airport you'll be met by a KE representative who will assist with the short transfer to the group hotel. Depending on your arrival time and after settling in you may like to explore Marrakech which is a fantastic place and great for wandering through. Most people head for the central square of Djemaa-el-Fna beneath the stunning minaret of Koutoubia Mosque. Here you can enjoy a bird's eye view with a refreshing mint tea at one of the cafes overlooking the square. If you would prefer to arrive a day or two earlier, please contact the KE office who can book you extra nights at the group hotel or we can offer you a choice of riad overnights if you would like a traditional Moroccan experience. In the evening there will be a briefing from the leader over dinner, which is generally taken in the hotel for ease and late arrival of a number of flights.

Meals: **D**



**Accommodation**  
Hotel

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## DAY 2

**Transfer through picturesque valleys and trek to the highest village in the High Atlas.**

After breakfast we leave Marrakech and set off to drive to the start point of our trekking adventure. As we leave the city we'll have the high peaks of the Atlas Mountains ahead of us and once we reach the town of Ait-Ouir we leave the main road and head south into the foothills of the mountains. Our route follows the picturesque Zat Valley as we pass roadside stalls selling rugs, pottery and honey. Once we reach the village of Oukaimeden (2000m) we'll meet our trek crew and once everything is loaded up we start trekking. Along the way we'll see rock carvings and stop at various viewpoints which include our first sighting of Toubkal. After lunch on the trail we start to make our way up our first pass as we follow a mule track that gradually ascends to the top of 2900m. After taking in the views we descend to the village of Tacheddirte (2314m), which is the highest village in the Atlas Mountains. From here we ascend up to our campsite which lies west of the village.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 680M		<b>Descent</b> 720M		<b>Time</b> 5 hrs trekking		<b>Distance</b> 13KM
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### DAY 3

#### Over the Tizi n Tacchedirt Pass to the terraced village of Labessene.

This morning we leave camp and follow a route which takes us up towards the Tizi n Tacchedirt Pass. On the summit we can enjoy the views and we may meet local shepherds selling soft drinks and snacks. As we descend down into the valley we'll pass traditional shepherd settlements scattered around large boulders which offer protection from the weather. Early afternoon we'll arrive at the village of Labessene which is where we camp. Here we are next to a small gite with a shower that can be used to 3 euro and running water to use for washing. We are surrounded by traditional rural terraces with women tending the fields and get a real feel of mountain life. In the afternoon the village comes alive as the children come out to play and the women finish their work in the fields and head home.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 600M		<b>Descent</b> 880M		<b>Time</b> 6 hrs trekking		<b>Distance</b> 10KM
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### DAY 4

#### Trek through villages before exploring waterfalls and bustling town of Setti Fadma.

Today we start by descending from Labessene into the valley below before joining a track that heads through Timichchi, Timguit, Tiourdom and Anfli. A mixture of hamlets and villages, as we trek through here we'll see mostly women and children as the men go off to work in mountain towns or Marrakech. After Anfli we join a jeep track which offers great views down to the valley of Setti Fatma. We reach camp early afternoon and after lunch we'll walk to the waterfall above Setti Fatma. Although popular with locals, this is a great tourist attraction as it sees very few international tourists. Lining the river we'll see food stalls and ice cream sellers and on reaching Setti Fatma itself there are a number of places that provide chairs and tables in the river which is a great place to enjoy a drink whilst dangling your feet in the water. Tonight during dinner we'll have a briefing on the tomorrow which is a longer day and requires an early start.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 870M		<b>Descent</b> 1500M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 14KM
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**DAY 5****Through charming valleys of juniper to the foot of the Tizi Boukchoud Pass.**

Directly from our camping site we follow mule tracks through a beautiful valley and pass the lesser known villages of Tamatert and Amenzel. This whole area is like stepping back in time and a wonderful region to show the rich forests that still exist in areas of Morocco. The trail takes today takes us towards the foot of the Tizi n'Boukchoud Pass. Akchoud, meaning wood in Berber language is the perfect name for this region as we hike through areas of juniper. Here at higher altitude juniper dominate the landscape with the main species being *Juniperus thurifera*. This species is commonly known as Spanish juniper and native to the mountains of the western Mediterranean region including southern France, Corsica, Spain, Morocco and northern Algeria. Reaching between 6-20 m tall, this wonderfully fragrant shrub has a spicy scent and blue-black berries. Tonight we set up camp at 2500m, and our location at the base of the pass we'll cross tomorrow is fantastic.

Meals: **B L D**

	<b>Accommodation</b> Camping		<b>Ascent</b> 1500M		<b>Descent</b> 500M		<b>Time</b> 7 hrs trekking		<b>Distance</b> 13KM
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**DAY 6****Head over the Tizi Boukchoud Pass (2976m) through pockets of juniper bushes.**

A superb morning which sees us finish breakfast, leave camp and start to make our way up the Tizi n' Boukcoud Pass (2976m). This fantastic mountain pass is covered in resident juniper and various scrub trees, whilst from the top we are rewarded with superb views of the north east ridges of the Toubkal range. After enjoying the views and a well-earned rest, we'll start our descent and find a suitable place to stop for lunch. In the afternoon we enter the gorge of the Tifnoute River and pass a number of azibs or sheep-folds. Close to the azibs of Adouz we set up camp at the foot of Adrar n' Derm. This lesser known peak is our first 4000m trekking summit and the highlight of tomorrow.

Meals: **B L D**

	<b>Accommodation</b> Camping		<b>Ascent</b> 950M		<b>Descent</b> 540M		<b>Time</b> 5 hrs trekking		<b>Distance</b> 11KM
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**DAY 7****Fantastic day trekking to the summit of Adrar n'Dern (4001m).**

An early start is needed for the trek to the summit and traverse of Adrar n' Dern. The route along the ridge is beautiful and as we start to reach the high point of this little climbed peak we'll have fantastic views of the surrounding peaks and valleys. What makes today so unique is the feeling of remoteness in an area that rarely sees tourists or other trekking groups. The route up the mountain feels wild and we'll

have views over Mount Toubkal and the volcanic landscape of Jebel Sirwa. After enjoying the summit and taking in the panorama we'll follow a ridge southwest and make our way down to the head of the Tinzart Valley. Tonight we camp in a meadow below the Tizi Ourai. (Please note that the mule team will take an easier and lower level trail today so anyone who does not wish to ascend the peak can walk with the mule crew).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1200M		<b>Descent</b> 1100M		<b>Time</b> 8 - 9 hrs trekking		<b>Distance</b> 13KM
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## DAY 8

### Across the Tizi n'Ourai to the Berber village of Amsougart.

After yesterday's mountain day, today we can enjoy a later breakfast and shorter day of mostly downhill. After leaving camp we have a brief 30min gradual ascent to the col of Tizi n'Ourai. From here we can enjoy a wonderful panorama which includes splendid views of Mount Toubkal and the distant Anti Atlas. Also known as the Lesser Atlas or Little Atlas, the Anti Atlas is one of the least visited regions in Morocco. Part of the Atlas Mountain range it extends for 500km from the Atlantic Ocean to the Sahara Desert. A desolate world of rocky outcrops and lunar landscapes where contrasts are extreme, the villages of the Anti Atlas are limited to a few houses surrounded by palm trees. From the top of the col we'll gradually descend on a mule trail which passes high above several small villages. After arriving at the valley floor we'll make our way to the Berber village of Amsougart (1740m) where tonight we stay in a simple gîte in the village.

Meals: **B L D**

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	<b>Accommodation</b> Gîte / Hostel		<b>Ascent</b> 120M		<b>Descent</b> 1600M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 11KM
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## DAY 9

### Through lush valleys and along trails passing the breathtaking lake of Ifni.

Leaving Amsougart we start with a gradual climb through this green and pleasant valley. As we head above the village of Ait Igrane the path ascends via a series of zig-zags and we'll pass dramatic boulders before being rewarded with our first breath taking view of Lake Ifni - Lac d'Ifni. As the largest lake in this central part of the Atlas Mountains, this charming lake lies nestled at the bottom of a valley framed by the towering peaks of Toubkal and Ouanoukrim. We follow a path which traverses high above the north side of the lake and once we reach the western end we'll rest and enjoy lunch. In the afternoon we follow the upper valley of the spectacular Assif a Moursaine which steadily climbs through the mouth of a gorge. Tonight we camp on simple tent platforms which are located on a stream confluence at approximately 2700m.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1350M		<b>Descent</b> 250M		<b>Time</b> 5 hrs trekking		<b>Distance</b> 12KM
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## DAY 10

### To the base of Toubkal via an exciting ascent of Ouanoukrim (4089m).

Today we leave camp and take a trail which continues through the gorge before ascending to one of the most spectacular pass crossings in the Atlas - the Tizi n'Ouanoums (3650m). The climb to the top takes approximately 3 to 4 hours but the reward at the top for the hard work is we'll be spectacularly stood between the two highest peaks in the High Atlas Mountains - Toubkal and Ouanoukrim.

The ascent of Ouanoukrim, which at 4089m is the 2nd highest peak in Morocco, is optional and for anyone who attempts it, the result is a fantastic view of Mount Toubkal which sits directly opposite. The mountain has two summits, Timzguida and Ras Ouanoukrim which are officially the second and third highest peaks of the High Atlas range. The route up to the summit of Ouanoukrim includes a few scrambling sections which are non-technical but do require a hands on approach. However anyone who doesn't want to summit can descend from the pass to the meadows with the mule team.

After enjoying one of the most spectacular views of Toubkal we'll descend and make our way towards the refuge (3207m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1600M		<b>Descent</b> 1350M		<b>Time</b> 8 hrs trekking		<b>Distance</b> 12KM
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## DAY 11

### Trek to the summit of Mount Toubkal (4167m) - the highest peak in Morocco.

Today is a highlight of the holiday as we set off to stand on the highest point in North Africa. After an early breakfast and pre-dawn start, we depart wearing head torches on a trail which ascends from above the hut. The trail snakes its way up as we criss-cross between boulders and arrive at two peaks. Once here we reach a high basin which is usually home to a few patches of old snow. Continuing up the views are more impressive and we finally reach a superb ridge-line which takes us directly to the famed metal tripod which marks the summit of Toubkal. Away to the north-east lies the Anti-Atlas, whilst the magnificent Sahara Desert sweeps to the south. Standing on the top we are surrounded by breath-taking views of the High Atlas and we'll have plenty of time for the all-important summit photos and most importantly, enjoying the sense of achievement on reaching the highest peak in North Africa. Our descent takes a couple of hours and we'll arrive back at our camp in time for lunch.



Meals: **B L D**

 <b>Accommodation</b> Camping	 <b>Ascent</b> 1000M	 <b>Descent</b> 1000M	 <b>Time</b> 6 - 7 hrs trekking	 <b>Distance</b> 7KM
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## DAY 12

### Walk across the Tizi Tadate before sumitting Bouguinoussen (4025m).

This morning we make an ascent to the pass known as Tizi Tadat ('pass of the finger'). The climb is quite steep with some short scrambling sections. From this col at 3800 metres, we get a superb view of yesterday's route on Toubkal. For those who wish there is now the opportunity to bag our fourth 4000er of the trip. To reach the summit of Bouguinoussen (4025m) we climb from the col along a rocky ridge. The route up to this summit is the most technical of the trek and does involve more scrambling than the previous peaks and the leader will go through the route and summit attempt, which is optional. We return by the same route, a round trip of approximately 2 hours. From the col of the Tizi Tadat we descend first to the Tazarat refuge and then follow the assif Melloul down to our last camp at Tamsoulte (2100m).

Meals: **B L D**

 <b>Accommodation</b> Camping	 <b>Ascent</b> 730M	 <b>Descent</b> 1640M	 <b>Time</b> 8 hrs trekking	 <b>Distance</b> 9KM
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## DAY 13

### Trek across the Tizi Mzik which offers magnificent views over the High Atlas.

The final trekking day of this adventure takes us across the magnificent Tizi Mzik Pass which is covered in juniper and offers a magnificent view across to the summit of Ouanoukrim and over the beautiful valley of Imlil. The small town of Imlil lies at 1800m and is nestled in the Imlil Valley. It and is one of the most popular places to start a trek into the Atlas Mountains and due to its close proximity to Toubkal, 90% of trekkers pass through Imlil on their way to climb Toubkal. Before the start of mountain tourism, the Imlil Valley was known for its harvest of walnuts, apples and cherries. While these are still important to the local economy, the boost from tourism outnumbers farming. The trail we are following descends all the way to the village of Ait Souka. Described as the pink village of the Berbers, Ait Souka almost clings to the mountainside and tonight we stay in a gite in the village. For those looking for a spot of relaxation it is possible to use the hamman (steam room).

Meals: **B L D**

 <b>Accommodation</b> Gite / Hostel	 <b>Ascent</b> 450M	 <b>Descent</b> 850M	 <b>Time</b> 6 - 7hrs trekking	 <b>Distance</b> 11KM
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**DAY 14****Transfer to Marrakech for a free afternoon.**

This morning we'll enjoy a short walk down to the village of Imlil, where we meet our transport for the drive back to Marrakech. After checking in at the group hotel there the afternoon is free for exploring independently. The atmospheric alleys of the souks are perfect for buying last minute souvenirs. Despite the reputation of getting lost in them, souks are fantastic for wandering and in Marrakech all lanes lead to the main square which makes them extremely popular with both locals and tourists. In the evening we'll meet up for dinner in a local restaurant and round off a fantastic holiday.

Meals: **B L D**

**Accommodation**

Hotel

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**DAY 15****Departure day. Marrakech Airport transfers are provided.**

Your holiday ends after breakfast. Depending on your flight time you may wish to enjoy a final stroll around Marrakech before your transfer to the airport. The city has a number of highlights including Jardin Majorelle which was owned by fashion designer Yves Saint Laurent from the 1960s to his death in 2008. Ville Nouvelle is a cobalt-blue exterior which is surrounded by a delightful garden full of rare desert flora plus fuchsia bougainvillea and deep green palms. The result is an explosion of colour nestled in the city. The Bahia Palace is a wonderful palace set in gardens and well worth a visit. Built in the late 19th century, this beautiful building was reputed to be the greatest palace of its time. With a name meaning brilliance, the palace was built by craftsmen from Fez.

If you wish to extend your time in Marrakech then please don't hesitate to contact the KE office. We can assist you in booking extra nights in the group hotel or in a recommended riad. KE can also organise a Moroccan extension for you, in the coastal gem of Essaouira or the magnificent Sahara Desert.

Meals: **B**

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# Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

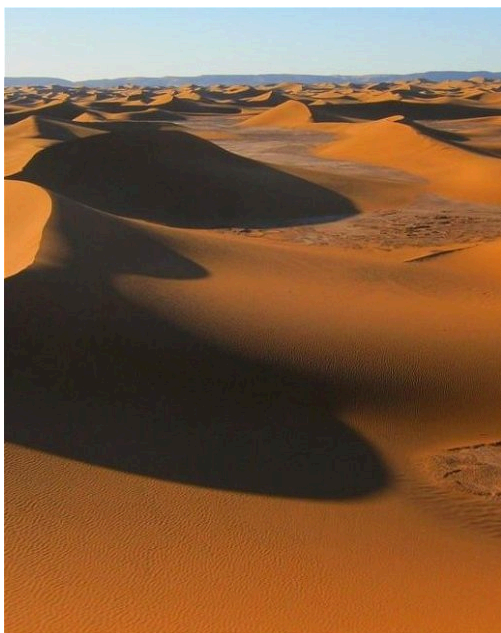


## Essaouira Riad and Atlantic Coast

Friendly Essaouira provides a beautiful base for this colourful Atlantic Coast extension which offers a fantastic start or end to our holidays in Morocco. Described as the prettiest town in the country, the UNESCO port and medina are a riot of colour and activity. To ensure a relaxing time in Essaouira we take care of private return transfers and riad accommodation for 3 nights at the comfortable Riad Maison du Sud, situated within the ramparts of the medina and just a few minutes walk from the sea. Redecorated in Moorish style, it has a snug sitting room and sunny roof terrace with views of the Mellah and the Atlantic Ocean. Essaouira has plenty of things to so and do so we leave your days free for you to enjoy at leisure. This extension starts and ends in Marrakech.

**4 days from**

**✕9,223,372,036,854,776,000** per person



## Into the Sahara Desert

For a real taste of the Sahara this adventure is hard to beat! After journeying across the Atlas Mountains we arrive in the oasis town of Agdz for a night in a traditional Moroccan house. Next we head to our comfortable fixed Berber camp at Erg Chegaga and take in a spectacular desert sunset before settling down under star-filled Saharan skies! In the morning we'll watch sunrise over the dunes before exploring this magical landscapes by 4WD. After a night in Ouarzazate, we make our way back to Marrakech via the magnificent UNESCO Kasbah of Ait Ben Haddou. (Please note this extension includes a local driver but not a KE leader. This gives you more freedom to explore at leisure pre/post KE group trip).

4 days from

✕9,223,372,036,854,776,000 per person

# Holiday Information

## What's Included

- A professional and qualified tour leader
- Marrakech Airport transfers (on first and last day of itinerary)
- All land transport involved in the itinerary
- All accommodation as described
- All meals
- A full service on trek including food and all equipment (excluding personal equipment)

## What's not Included

- Travel Insurance
- Visa fees (if applicable)
- Tips for staff
- Miscellaneous expenses - drinks and souvenirs etc

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

### Meal Plan

All meals included in the holiday price from dinner on day 1 to breakfast on day 15.

### Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

All food whilst on trek is purchased locally and cooked for us by our excellent trek cooks. KE groups are always surprised at what the cook team conjure up!

Breakfasts are continental style, with tea and coffee, muesli, bread, jam, honey and soft cheese. A morning snack is also provided and this usually consists of a type of Moroccan 'trail mix' with dried figs and dates, peanuts, sugar coated peanuts and other nuts.

Lunch usually starts with the Berber speciality of mint tea, followed by a buffet of rice, pasta or couscous, with a freshly prepared salad - onion, tomatoes, green peppers, grated carrot, green-beans, with tinned sweetcorn or peas added. Hard and soft cheeses, tinned fish, olives, biscuits and bread are also on the lunchtime menu.

Dinner starts off with soup and bread. The main course is usually rice, pasta, couscous, spaghetti or chips, with a vegetable stew (or tagine) consisting of some of the following - onion, potato, carrot, green pepper, zucchini, turnip, parsnip, green beans, and peas. There will be some meat (usually chicken, lamb or beef), however meat is not prominent in the menu. All dishes come with traditional sauces which are rarely (spicy) hot. To round off dinner, there is the usual range of hot drinks.

### Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

During this trip we have 2 nights at a tourist hotel in Marrakech with rooms on an en-suite basis. While there are a range of high-end hotels in Marrakech, we try to strike the right balance of a comfortable and conveniently located base while maintaining a good value holiday.

When in the mountains we have 2 nights in gites, in the villages of Amsouza and Ait Souka. Here the accommodation is in small dormitory rooms (mattresses on the floor), usually shared by 4-6 people.

We have 10 nights camping. This camping is fully supported with all baggage being carried by mules, as well as tents, mess tent and toilet tent. You will have a team of staff to look after you including a cook. A mattress is provided, although some people like to bring their own thermarest as well. You will need a sleeping bag. Sleeping bags are available to hire, please contact the KE office to arrange this.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single hotel rooms and/or single tents are available for a supplementary cost for the nights in Marrakech and camping. If you are planning on extending your holiday additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. The group will also have the support of a full trek crew including cook, baggage animals (mules) and their handlers.

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

## Spending Money

Approximately £150 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these. You cannot usually purchase Moroccan Dirhams outside the country. You can withdraw money in local currency from ATM's on arrival at the airport in Marrakech or in Marrakech. You can choose to take your money in pounds sterling, dollars or euros, and you will be able to exchange it at the airport. Credit cards are useful and it is a good idea to carry one in case of emergency.



## Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and porters. They do not form part of their wages and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given.

This is your 'thank-you' to the crew and the final amount should be decided by the group. We estimate that approximately £60 per group member should provide an appropriate level of tips. However, for the leader, we leave the tipping amount totally at your own discretion.

## Additional Information

Please keep your passport in your day pack - occasionally there are check points when this will be needed.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### Visa Morocco

UK and USA passport holders do not require a visa for short stays.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 5 - 6 hours for consecutive days, and possibly for up to 8 hours on some days. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

## Climate

During the main summer months temperatures in Marrakech can be very high, however in the mountains you can expect daytime temperatures above 2500m to be around 20 to 25°C. At night, the temperature, even at the Neltner Refuge, is unlikely to fall below freezing. The weather is usually good at the time of our departures. However it's good to remember that mountainous weather difficult to predict. Occasional rain or even short-lived storms are not uncommon, so best to be prepared for all.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

### **You should bring the following items:**

- Hiking boots
- Trainers or sandals for camp
- Sandals for river crossings
- Socks & underwear
- Trekking trousers / shorts (please respect local culture and don't wear in villages and town)
- Lightweight waterproof over-trousers
- Thermal baselayers
- T-shirts / tops / shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sunhat / Warm hat (Winter only)
- Sunglasses
- Lightweight thermal or fleece gloves
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection (including lip sun screen)
- Water bottles 1 Litre (x2), a camelbak or platypus is useful (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sleeping bag (comfort rated -5°C)\*
- Small padlock (to lock your kit bag)
- A selection of dry bags (to keep kit bag contents dry)
- Antibacterial handwash
- Washbag and toiletries
- Toilet roll
- Small trek towel
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

### **The following items are optional:**

- Sleeping bag liner
- Thermarest (a foam mattresses is provided)
- Trekking poles (recommended)
- Camera
- Travel clothes (can be left in Marrakech in a foldaway bag)
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

### **Equipment hire:**

\*Available for hire/rental through KE Adventure Travel

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.

[-> Find out more](#)

## Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Marrakech and transfers are provided from Marrakech Airport.

# Why Choose KE

## Why KE

Kathryn described her 4000m Peak Moroccan experience as life changing. Why not stand on the summit of Toubkal alongside another three jaw-dropping High Atlas giants on this classic KE journey. Experience wonderfully wild landscapes as you trek off the beaten track to Ouanoukrim, Adrar n Derm and Bouiguinoussem. This fantastic trek ensures you're well acclimatised before conquering the highest peak.

**Please Note** This document was downloaded on 20/05/2024 and the trip is subject to change