

# Across the High Atlas Trek

Trip Code: MAT

Version:



WALK & TREK



GUIDED GROUP

MODERATE



## HIGHLIGHTS

- Summit Morocco's three highest peaks - Toubkal (4167m), Ouanoukrim (4088m) and Mgoun (4068m)
- Immerse yourself in the culture and beautiful homeland of the Berbers
- Head off the beaten track as you take in North Africa's wildest scenery
- Stroll through the medina of Marrakech and taste its delicious street food

## AT A GLANCE

- 18 days trekking
- Max altitude - 4167 metres
- Join at Marrakech

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

There are very few trekking journeys left on this planet that ventures into areas where travellers are a rarity – however this holiday to Morocco is one of them. Rich in Berber history, jaw-dropping scenery and towering peaks, this incredible Moroccan holiday is described as one of the greatest mountain journeys in the world. From the stunningly beautiful and culturally rich Bougmez Valley, we head across the spectacular High Atlas Range all the way to the Toubkal Massif. Mountain trails lead us through captivating villages of the Berbers which lie nestled in uninhabited valleys.

We'll camp on mountain pastures used by nomadic shepherds and immerse ourselves in Berber culture as we make our way through rural hamlets. KE have not only included the three highest peaks in Morocco – Toubkal (4167m), Ouanoukrim (4088m) and Mgoun (4068m), but the added peak of Anghomar (3608m) takes you truly off the beaten track and through an area that's remained unchanged for centuries. This excellent holiday starts and finishes in Marrakech, home to stunning architecture, magical souks and a bustling ancient medina.

## Is this holiday for you?

This is a proper trekking holiday. With 18 days continuous walking, and a number of long days (7 to 9 hours) especially on the ascent of the four highest peaks, you need to ensure you are physically prepared. There is a considerable amount of ascent and descent on each trekking day, and on the ascent of peaks and high passes we encounter trails on scree, rocky ridges and some basic scrambling. Between the valleys and villages we follow well-established mule tracks.

Our main summits take us to just over the 4000m altitude mark, with Toubkal (4167m) being the highest, then Ouanoukrim (4088m) and Mgoun (4068m). We also have the added peak of Anghomar (3608m). Our highest camping nights will be around 3000m. Acclimatisation is not usually a problem on this trip.

Summer months in the High Atlas can be hot and this can have an effect on your trekking performance.

This is our longest and most challenging trek that we have in Morocco, and probably the best in regards to scenery and remote mountain trails. You need to be a fit and experienced walker to be able to complete and enjoy this holiday.

# Itinerary

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Version:

# 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 do and so we leave your days free for you to enjoy at leisure. This extension starts and ends in Marrakech.

**4 days from**  
**US\$520** 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**  
**US\$1,005** per person

# Holiday Information

## What's Included

- A professional and qualified tour leader
- Marrakech Airport transfers (on Day 1 & 22 only)
- All land transport involved in the itinerary
- All accommodation as described
- Meals as per the Meal Plan
- A full service on trek including all equipment (except personal equipment)
- Pack animals for baggage on trek

## 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.

The group will meet at the hotel in Marrakech.

Airport transfers are provided for all clients on Day 1 and Day 21.

Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All meals which are included in the holiday price are 20 breakfasts, 18 lunches and 18 dinners. In Marrakech it is B&B.

### 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.



## Accommodation

During this trip we have 2 nights at a simple 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 4 nights in village gites. Here the accommodation is in small dormitory rooms (mattresses on the floor), usually shared by 4-6 people. At the end of the trek, we have one night in a gite in Ait Souka.

We have 13 nights camping. This camping is fully supported with all baggage being carried by mules, as well as tents, a mess tent and a 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. Singles are not possible at the refuges and the gites, 6 nights total. 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 leader will speak English and French. The group will also have the support of a full trek crew including cook, baggage animals 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 £200 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 arrivals 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 £90 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.

## Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag and a daypack. Your main baggage whilst trekking will be carried by pack animals and the packed weight of it should be no more than 15kg. It is possible to leave clothes or other items not required on trek at the hotel in Marrakech. You may wish to take a foldaway bag for this purpose.

For international flights please check your baggage allowance with your airline.

## 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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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](#).

## Currency

The unit of currency in Morocco is the Moroccan Dirham.

## 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 3 to 8 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

## Climate

In Morocco in the summer months we can expect temperatures in Marrakech to reach the high thirties Celsius, dropping to around 25°C in the evenings. Once we are on trek and we start to gain height, we can expect the temperatures to be rather lower, with daytime temperatures being around 20 to 25°C. At night, the temperatures at our highest stops can fall below freezing, particularly on earlier and later departures. The weather is usually good at the time of all 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 before 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 directly 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.

## Maps

Please note it is not possible to get a trekking map which covers the whole route due to the remoteness of some areas. Below are examples that cover the main two areas of Toubkal and Mgoun.

**Mgoun Massif, Central High Atlas Mountains 1:100,000. West Col Productions**

**Ighil Mgoun Escala 1:60.000 Editorial Piolet**

**Toubkal 1:40.000 Editorial Piolet**

## 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.

# 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
- 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
- Sunglasses
- Lightweight thermal or fleece gloves
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection (including lip sun screen)
- Water bottles 1 Litre (x2) (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)
- 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 a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## 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

Described as One of the Most Spectacular Mountain Walks in the World. Traversing Morocco's High Atlas Mountains is a unique experience and we believe offering this epic trekking journey is what makes us stand out from the rest.

**Please Note** This document was downloaded on 21/11/2024 and the trip is subject to change