

# One Week Mount Toubkal Trek

Trip Code: OWT

Version:



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- A fantastic off the beaten track trekking circuit to the summit of Toubkal
- Experience the rich culture and scenery of the mighty High Atlas Mountains
- Camp beside spectacular Lake Ifni and explore the land of the Berbers
- Explore and relax in Marrakech with easy options to extend your holiday

## AT A GLANCE

- 5 days trekking
- Max altitude - 4167 metres

## ACCOMMODATIONS & MEALS

- AIRPORT TRANSFERS INCLUDED
- Join at Marrakech

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

## Introduction

The welcoming Kingdom of Morocco offers a wonderful diversity of culture, cuisine and landscapes including the mighty High Atlas Mountains. This excellent [trekking holiday to Morocco](#) follows a genuine off the beaten track circuit through the heart of the mountains, all the way to the summit of Mount Toubkal. Whilst trekking through the land of the Berbers, you'll explore picturesque mountain villages, hidden valleys and charming lakes surrounded by breath-taking panoramas. KE's classic route follows an exciting circuit across the spine of the High Atlas to the remote and beautiful Tizgui Valley. Here you'll find jaw dropping scenery, magnificent passes, fascinating Berber culture and experience waking up beside the turquoise lake of Ifni. After making our way to the Neltner Refuge, it's the summit of Toubkal, Morocco's highest peak that calls. As you stand on the summit you'll be rewarded with a jaw-dropping panorama stretching from the mighty High Atlas to the magnificent Sahara Desert. If you're looking for a classic trekking adventure which follows lesser-known trails and takes you on a High Atlas Circuit to the top of Toubkal, then this is the perfect choice.

A Genuine Small Group Experience - The Secret of Our Success on one week Toubkal

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 is 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 day. Those who are new to trekking holidays will take particular comfort in the presence of our experienced Moroccan guides, who we believe are the best in the business.

UNSURE OF WHICH HOLIDAY IS RIGHT FOR YOU? CHECK OUT OUR [Walking Holidays Guide to TOUBKAL](#)

### Is this holiday for you?

This superb trekking holiday is challenging but the maximum altitude is not very high and we spend only one night above 3000m. The area we trek through is remote, which is one of the highlights and as you'd expect on a mountain journey there are a number of long walking days (8 or 9 hour). For the majority of the time we trek along rocky trails and in summer the temperatures can be high, however this is the best time to climb Toubkal as the trails are generally snow free. Heading to the summit of Toubkal is optional and if you decide to stay at the refuge and wait for the group, it won't take away the enjoyment from the rest of the circuit and holiday. However the ascent of Toubkal presents no technical difficulty and should be within the capabilities of fit and active walkers.

# Itinerary

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Version:

# Extensions

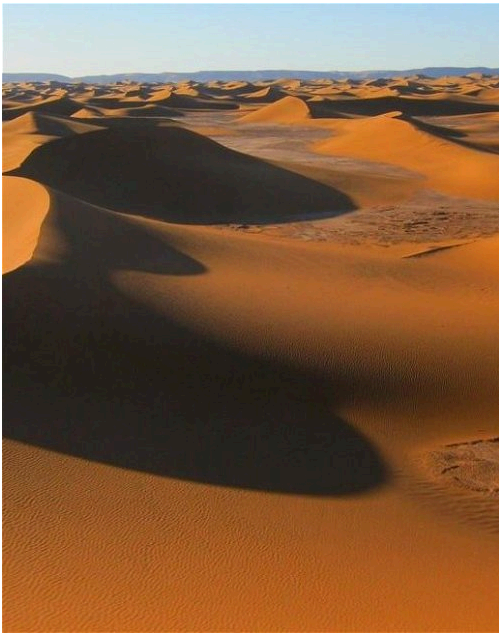
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## 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 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 local 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 8.

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

### Meal Plan

All meals are included in the holiday price from dinner on day 1 to breakfast on day 8.

### 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 the group will spend 2 nights at a tourist hotel in Marrakech 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.

Whilst trekking we have 4 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.

The night before the ascent of Mt Toubkal, if you stay in the Mouflons Refuge or the Neltner CAF Refuge - both the refuges have simple bathrooms and mixed dormitories. The last night in the mountains you will overnight at an excellent simple gite in Ait Souka, which has small dormitory rooms (mattresses on the floor), usually shared by 4 people.

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. Single rooms are not possible at the refuge and the gite (2 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 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 £100 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. Or you can take cash in pounds sterling, dollars or euros to exchange. 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 £45 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 duffle 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.

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 '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](#).

## 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 4 to 8 hours for four consecutive days, and possibly for 10 hrs or more on the summit day.

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.

## Maps

### **Orientazion. 1:50,000 series, Toubkal Hiking Map & Marrakech Street Plan**

A good scale map centred roughly on Toubkal. This is currently the best map readily available for trekkers at a useful enough scale to follow the route on the ground.

## 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
- 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
- Toilet roll
- Sleeping bag (comfort rated -5°C)\*
- Small padlock (to lock your kit bag)
- Antibacterial handwash
- Washbag and toiletries
- 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

At KE we have years of experience in trekking holidays, especially in Morocco. We know what we are doing. This Toubkal holiday is unique as you'll complete a wonderful circuit, and not the regular there and back route taken by many others. With all meals included you've no hidden extras, plus a maximum group size of 12 and our excellent leaders means you're in the best possible hands.

**Please Note** This document was downloaded on 03/07/2024 and the trip is subject to change