



tour spotlight

what you see

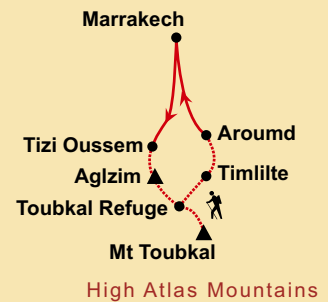
- Marrakech - UNESCO-listed Place Djemaa el Fna, souks and Koutoubia mosque
- High Atlas - Tizi-n-Tacht pass, several Berber villages including Tizi Oussems, Timilte, Around and Sidi Chamharouche.
- Beautiful scenery - mountain passes, waterfalls, lush cultivated valleys & walnut groves
- Toubkal mountain and summit - highest peak in North Africa.
- Panoramic views of the whole High Atlas Mountain range.

Local payment: 250 Euros

what you get

- Full-board - 7 Breakfasts, 6 lunches and 7 dinners
- 3 nights traditional 3 ★ Riad (traditional Moroccan guesthouse), 1 night rustic Berber house/ lodge, 3 nights basic Berber camp
- Service of cooks, mules to carry luggage, porters/local guides whilst trekking
- All transportation in minivan/4x4
- Fully escorted trekking in the High Atlas & summit of Toubkal
- Arrival transfer from Marrakech airport on day 1
- English speaking trekking guide
- All road taxes, tolls and entrance fees

MOROCCO



on location

Your guide to on the ground...

visa requirements

Visas are not required for British, Australian, Canadian, US and other EU nationals for a stay of up to 3 months. Please ensure your passport is valid for six months after your return date and that you get your passport stamped upon entry into Morocco. All other nationalities should contact the Moroccan embassy for details. Visas are your responsibility. Don't forget to check!

climate

Temperatures in Morocco are generally high, particularly during the summer months from May to September, when the sun can be fierce and temperatures are at industrial levels, so take sunscreen. In winter (October to February), it is colder, especially in the Atlas Mountains where it can drop to below freezing - so take plenty of warm clothes including jacket, long-sleeved tops, jumper, gloves and trousers.

time

Morocco is 0 hours ahead of GMT (daylight saving time +1 ahead of GMT)

money

GBP £1 = MAD13 USD \$1 = MAD8 EUR 1 = MAD11 AUD = 7.4 MAD = Moroccan Dirham, rates are subject to fluctuation. Exchange facilities are available at various bureau de changes in major towns and most banks have ATMs.

health requirements

It is recommended that you be vaccinated for Tetanus and Polio, if you haven't had a booster in the last ten years. Food and waterborne diseases are more common, so we recommend vaccinations for typhoid (valid 3 years) and Hepatitis A (validity varies). Please consult a physician or travel clinic for further information.

how much

- **Local Payment** - This will be collected by your tour leader at the welcome meeting on day 1. It is payable in Euros Cash. **€250**
- Mineral water (local brand, 500ml or 1L) **MAD15**
- Meal for 2 (entree, main, a beer, local restaurant) **MAD50-100**
- Beer (local brew Efes - 330-500ml approx) **MAD20**
- Chocolate bar (local brand) **MAD5-10**

trek info

- **Area covered:** High Atlas & Mt Toubkal
- **Grade:** Moderate/Challenging
- **Daily walking duration:** 4 - 6 hours
- **Altitude:** Max. 4168 m
- **Accommodation on trek:** Berber house & camping
- **Group size:** 2 - 14

Whilst trekking porters with mules, will carry your baggage and all of the heavy gear, you'll just need to carry a small day pack with your essentials in. All of the camping and cooking equipment is provided and we take care of all your meals. You will need to bring your own sleeping bag.

things to bring

- Rucksack and a day pack/bag for day to day items
- Sleeping bag for camping/mountain lodges
- Towel
- Torch and batteries
- Camera and spare memory card/film
- Mosquito repellent
- Water bottle
- Personal first aid kit, antiseptic gel and wipes
- Waterproof/wind proof jacket
- A sturdy pair of well worn in walking shoes/boots
- Two spare passport photos and a photocopy of your passport





high atlas & toubkal summit: itinerary

day 1 - marrakech

Saturday - Welcome to Marrakech! Upon arrival at the airport, you will be met by an on the go/Nomadic Expeditions representative and transferred to our traditional Moroccan Riad in the centre of town. Welcome meeting this evening is at 6:00pm. Dinner and overnight - Marrakech (Riad)

day 2 - tizi oussem (1850m)

Marrakech - Imi-n-Oughlad - Tizi Oussem - breakfast. Departing Marrakech this morning, we take a scenic drive into the Atlas Mountains to Imi-n-Oughlad, the starting point of our High Atlas adventure! Here we meet the cooks and team, with their sturdy mules, who will be trekking with us for the next 5 days. The High Atlas is the highest mountain range in North Africa, with several peaks over 4000metres and beautiful scenery. Today we trek up winding paths to the beautiful Tizi-n-Tacht pass, where we stop for lunch. This afternoon we continue on, to the Berber village of Tizi Oussem which is tucked away in a picturesque valley. Here we spend the night in a rustic Berber house. Lunch, dinner and overnight Tizi Oussem (lodge).

day 3 - aglzim (2800m)

Tizi Ousem - Tizi-n-Ouglzim - breakfast. Today we trek through the Tiziane Valley, following the route of the river towards Azib Tamsoulte, passing Berber villages, goat herders, lush cultivated fields and walnut groves. Visiting a pretty waterfall before climbing over the mountain passes of Aglzim, where the views are simply spectacular! Lunch, dinner and overnight - Aglzim (camp).

day 4 - toubkal refuge (3200m)

Tizi Aglzim - Toubkal refuge - breakfast. Trekking through rugged terrain, surrounded by beautiful mountain vistas, we journey to Toubkal refuge today where we spend the night. The busy refuge is the final resting point before the trek to the summit and a great place to meet fellow walkers. Lunch, dinner and overnight - Toubkal refuge (refuge or camp)

day 5 - summit of mt toubkal (4168m)

Toubkal Refuge - Toubkal - Timilte - breakfast. Toubkal is the highest mountain in the North Africa. With an early start, we star our ascent and reach the summit before midday. Although the route is straightforward, Toubkal has huge scree slopes, which makes this final hike more challenging. We stop for lunch and a well deserved rest at the summit, where we are rewarded with breathtaking panoramic views over the High Atlas. Returning to the refuge, we spend the night at a campsite, in the Berber village of Timilte. Lunch, dinner and overnight Timilte (camp).

day 6 - local villages & shrines

Timilte - Aroumd - Marrakech - breakfast. This morning we begin the final leg of our journey. We

make the steep descent down rocky paths, through almond groves and across flood plains. We pass the tiny settlement of Sidi Chamharouche, with its Muslim shrine and the village of Aroumd. After lunch it's time to bid farewell to our trekking team and head back to Marrakech. We'll be back in time for dinner and some well deserved rest and relaxation! Lunch, dinner and overnight - Marrakech (Riad)

day 7 - explore marrakech

Marrakech - breakfast. Enjoy the day at leisure exploring the exotic city of Marrakech, with its beautiful Koutoubia mosque and fabulous central square - Djemma el fna. Packed full of colour, spicy aromas, traders, snake charmers and fortune tellers - Djemma el Fna is a feast for all of the senses! Perhaps practice your bartering skills picking up some last minute souvenirs in the colourful, bustling souks. We'll meet up this evening for our final dinner. Lunch, dinner and overnight - Marrakech (Riad)

day 8 - marrakech

Saturday. Marrakech - breakfast. Our expedition ends after breakfast.

PLEASE NOTE: This expedition is run in conjunction with Nomadic Expeditions.

Useful information

travel insurance

All our passengers must be fully insured for travel in Morocco. Most travel insurance does not cover for trekking above 2000m as standard and you may have to pay a premium to cover yourself up to 4168m. It is essential that you get the correct level of cover. Please ensure that the policy provides adequate cover for hospital treatment, repatriation flights home in the event of you being too ill to continue the trek, personal accident, personal baggage and associated valuables. You must bring the policy with you as it is obligatory for joining any expedition.

cached up

How much spending money is needed, depends largely on the individual. We currently recommend an average of USD \$20 - \$30 per day. We can't specify every sundry cost however and you'll need to allow for expenses such as drinks, snacks and the odd souvenir.

Travellers Cheques can be difficult to change en route so we recommend you have cash for convenience and bring a card to use in the ATM's - most accept Visa, Mastercard, Electron, Cirrus and Maestro. There are ATM's at Marrakech airport, which you can use upon arrival.

The importation or exportation of Moroccan currency is prohibited but foreign currency can be bought into the currency and exchanged at most banks.

tipping

Tipping is an entirely personal gesture and we do not collect a tipping kitty, but do suggest you tip your trekking guides and porters for a job well done. We recommend you budget approximately USD \$20 - 30 for tipping.

luggage

Pack all your gear in a rucksack/backpack for this type of trip. Also bring a daypack, to keep personal items such as your wallet, camera and water bottle. Your rucksack/backpack must not have an exterior frame. Only the soft, flexible variety is permitted. Leave your suitcase at home, they're simply not practical.

what to pack & bring

Don't overdo it! Luggage is limited to 20kgs. Pack sensibly and take garments that are comfortable and cool. Morocco can be very hot in summer but after the sun sets and at high altitudes, the temperatures can plummet, so pack accordingly. You will need plenty of warm layers, a wind/waterproof jacket, hat, scarf and gloves for the climb to the summit.

Sleeping bag - You will need a high quality, compact sleeping bag for camping at high altitudes. You may also want to bring a small trek pillow for added comfort.

bright ideas

- Make sure you wear in your walking boots, before the trek to avoid blisters and painful feet!
- Take a pack of cards for the evenings.
- Pack a flat pack of toilet paper and antiseptic wipes and gel.
- Pack your own mini first-aid kit. (rehydration sachets, disinfectant, cotton wool, antiseptic cream, painkillers, plasters, individually sealed gauze, crepe bandage, triangular bandage, iodine, scissors, tweezers etc).
- If you're a contact lens wearer, take a spare pair!

altitude sickness

An altitude of over 3,000 meters is defined as high altitude and altitude sickness is the biggest health risk for trekkers. People can experience differing degrees of symptoms, which include headaches, nausea, dizziness, fatigue and shortness of breath. Our treks are designed to ensure there is plenty of time for adequate acclimatisation and cases of mountain sickness are rare. If you do suffer, symptoms will usually decrease in severity during acclimatization. It is important to drink plenty of fluids and eat carbohydrate food to keep the body properly hydrated. Please report any symptoms of altitude sickness immediately to your guide.

*The go guide & information contained herein has been compiled with care and in good faith. It is as accurate an illustration as can be given with regard to the proposed itinerary. Circumstances beyond our control such as inclement weather or local conditions could force us to amend the proposed itinerary. This document does not form part of a contract between the client and on the go and their affiliates. Any costs shown may be subject to change but are an accurate reflection of costs at the time of writing this go guide. Please also be advised that visa requirements are subject to change and remain the responsibility of the traveller and not that of on the go.



68 north end road, west kensington, london, W14 9EP • 020 7371 1113 • info@onthegotours.com • www.onthegotours.com
3/690 brunswick street, new farm, brisbane, QLD, australia 4005 • 1300 855 684 • aus-info@onthegotours.com

updated March 2010