

Mount Toubkal Trek

8 days | Starts/Ends: Marrakech



TREKKING HOLIDAY: Hike to the summit of Mount Toubkal, the highest peak in North Africa, on this wonderful trek across Morocco's rugged High Atlas Mountains. Explore vibrant Marrakech and get off the beaten track to discover spectacular mountain scenery and magnificent high passes, beautiful lakes and picturesque Berber villages.

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Climb to the summit of Mount Toubkal, the highest peak in Morocco and North Africa with stunning snow-capped views
- Take in the incredible panoramic views from the summit across the High Atlas Mountains, Jebel Sahro and the magnificent Sahara Desert
- Trek across the backbone of the High Atlas, over magnificent passes and through picturesque valleys
- Experience a traditional Berber hammam and visit a local Berber family for tea in the village of Aroumd

- Explore the vibrant UNESCO-listed medina of Marrakech on a guided tour, including souks, palaces and captivating Djemma el Fna

What's Included

- Breakfast daily, 6 lunches and 5 dinners
- 2 nights 4 star hotel in Marrakech, 1 night simple gite (dormitory room with shared facilities) and 4 nights basic camping
- Marrakech Airport arrival transfer day 1
- 5 day Mount Toubkal trek with a trekking crew (cook, Muleteers/ camel handlers and backstop guide)
- Camping equipment - 3 person tents for 2 person occupancy, mattresses, a mess tent, toilet tent, eating and washing facilities
- Escorted by an English speaking local tour guide
- Tea with a Berber family and traditional hammam in Aroumd
- All transportation and transfers in private air-conditioned tourism vehicles

What's Not Included

- International flights and visa
- Tip for your guide and trekking crew
- Sleeping bag

- Airport departure transfer - bookable locally

DETAILED ITINERARY

Day 1 : Marrakech

Upon arrival at Marrakech Airport you'll be met and transferred to your hotel. The remainder of the day is free to relax or independently explore Marrakech. Perhaps head to Djemaa el Fna, the city's vibrant main square, wander around the souks and see the iconic Koutobia Mosque. There will be a welcome meeting with your guide at 7.30pm. **Overnight - Marrakech**

Day 2 : Trek to Tacheddirt



Marrakech - Oukaimden - Tacheddirt. This morning bid farewell to Marrakech and drive to the foothills of the Atlas Mountains. Climbing the plains of Haouz up into the foothills where the road winds, take the right fork of the

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road from Ourika Valley and head up to the hidden valley of Oukaimden, which is a popular ski resort in the winter.

In Oukaimden meet our trek team and begin your Toubkal trek. Setting off on a steady ascent, trek past the nomad huts to the pass of Tizi Nou Addi at 2960m. Then descend towards the village of Tacheddirt on the foothills of Adrar Tiss. Camp for the night near the village of (2314m). After dinner settle in for the night and enjoy views of the starry night sky.

Trekking Distance: approx 7km **Ascent:** approx 450m

Camping: facilities include private 3 person tents for twin occupancy, mattresses, mess tents for gathering and eating/sheltering in the evening and toilet tents. All cooking equipment and eating utensils are provided with a cook who will prepare all meals. Limited water will be provided for washing and cleaning your hands before and after meals.

Overnight - Tacheddirt (camping) (B, L, D)

Day 3 : Springs, streams & spectacular views



Tacheddirt - Tizi N Ououraine. Trek up from the green pastures around Tacheddirt village to the valley of Irhzer n Likemt and onto the pass of Tizi Likemt at 3555m today. At the top of this pass, you will be rewarded with spectacular views over the mountains with the peak of Aksoual nearby at nearly 4000m. Then descend along a rocky mule track passing a few springs and streams and onto the next valley, Assif n Tinzer. Stop

for a rest and snack near the village of Azib Likemt (2600m) before your final ascent of the day to the campsite near Tizi N Ououraine (3100m).

Trekking Distance: approx 15km

Ascent: approx 1200m

Overnight - Tizi N Ououraine (camping) (B, L, D)

Day 4 : Orchards, lakes & holy Sidi Alebourg



Tizi N Ououraine - Lac N' Ifni. This morning continue your journey along the path that winds through rocky terrain. Take in the magnificent views en route with stops to enjoy the scenery and take photos. Then, onward through the fields and orchards of the village of Amsourzerte and onto the Moussem (holy place) of Sidi Alebourg. Then continue to walk along the valley to the village of Ait Igrane, before a final climb zigzagging up to Lac N' Ifni, where you will camp near the lake. Temperature permitting, consider paddling in the cool waters of the lake.

Trekking Distance: approx 15km

Ascent: approx 700m

Overnight - Lac N' Ifni (camping) (B, L, D)

Day 5 : Spectacular waterfalls & snow-capped peaks



Lac N' Ifni - Neltner (Base camp). Time to start climbing again. From the west side of the lake ascend to the valley of Assif n Moursaine and stop to enjoy spectacular waterfalls and stunning picturesque snow-capped views en route to the pass of Tizi n Ouanaoumss at 3684m. From here it is a short walk through the valley to the Toubkal Refuge at Neltner (3207m), our camp near Base camp.

Trekking Distance: approx 9km **Ascent:** approx 1300m **Overnight - Neltner, Base camp (camping)** (B, L, D)

Day 6 : Mt Toubkal Summit day!



Base camp - Toubkal summit - Around. Get up early, perhaps even before the sun has properly risen and start the trek to Toubkal summit at 4167 m. The climb is unrelenting up the valley between the main and the west peak of Toubkal. The route is quite rocky but well trodden and at top take in the views over the southern High Atlas, the Lac D Ifni and the desert in the distance. Take plenty of photos and enjoy a picnic lunch at the summit before starting the steep descent back down the slopes of the mountains. Trek

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down the side of Taouount mountain to Sidi Chamarouch and reach the village of Aroumd.

This afternoon there's free time to relax or perhaps experience a traditional Berber hammam in the village before visiting a local Berber family for tea. This evening have dinner and spend the night at a local gite.

Note: The gite is a simple pise (mud brick) house built in a traditional style with dormitory style accommodation (2 - 6 people sharing a room). There are simple beds with mattresses and blankets (we recommend using your sleeping bag as well). The gite has a communal toilets and showers and there is a large room/kitchen for getting together and eating.

Trekking Distance: approx 20km
Ascent: approx 1000m

Overnight - Aroumd (local gite) (B, L, D)

Day 7 : Return to Marrakech



Aroumd - Marrakech. It's just a short (40 min) walk down to the village of Imlil this morning, through apple orchards and fields of grain and clover. Bid a fond farewell to the mule team here and drive back to Marrakech, stopping en route for lunch. The rest of the day is free to you to relax or explore the old medina of Marrakech. You can barter for souvenirs in the souks, soak up the atmosphere in bustling Djemaa el Fna or perhaps visit the beautiful Majorelle Gardens. We also offer an optional Marrakech city tour which you can book locally. **Overnight - Marrakech** (B, L)

Day 8 : Marrakech

Your Moroccan adventure comes to an end after breakfast and hotel check-out. A departure transfer can be arranged on request. (B)

ACCOMMODATION

Highlighted below are some of the accommodation/ hotels which we frequently use on this tour. We reserve the right to substitute these stays to ones of a similar standard.

Please refer to your Tour Voucher for your confirmed arrival hotel or start point and further arrival information.

Adam Park Hotel & Spa

Guests can expect a very comfortable stay at the Adam Park Hotel & Spa. Each of the elegant rooms feature a patio or balcony with views of the surrounding area. Guests are spoilt for choice when it comes to dining. Several restaurants offer a variety of options including Italian specialities, Moroccan favourites and international cuisine. There are also plenty of ways to unwind after a day exploring Marrakech, with an outdoor pool, fitness centre and a spa offering rejuvenating massage treatments.



BEFORE YOU GO

COVID-19 vaccination

As of 01 November 2021 it is a condition of travel, as detailed in our Terms & Conditions that all travellers over 18 years provide proof of COVID-19 vaccination.

We recognise any vaccine that has been authorised for use in the country where the vaccine was administered. This includes vaccines such as

AstraZeneca, Covaxin, Johnson & Johnson, Moderna, Pfizer-BioNtech, Sinopharm, Sinovac and Sputnik.

In all instances, you must be fully immunised. This means you must receive the full dosage of the COVID-19 vaccine and allow a minimum of 14 days before travelling in order for immunity to take effect. Each COVID-19 vaccine has different dosages and timeframes for immunisation, so please check the related medical advice associated with your vaccine. Children under 18 years are not required to provide evidence of vaccination to travel at this time.

If you are unable to be vaccinated due to medical reasons, you may apply for an exemption. Exemptions will be assessed on a case-by-case basis. To apply, you must provide supporting documentation from a medical professional.

Proof of COVID-19 immunisation must be provided to us **no less than 4 weeks prior to travel**. We accept COVID-19 digital certificates, NHS Covid Pass or Vaccination Record Cards e-mailed to info@onthegotours.com or you can upload your vaccination history yourself via our traveller login. <https://www.onthegotours.com/Login>

The information you will need to upload includes: Administering national authority or government, document No, name of Vaccine, date/s of vaccination.

Tipping

For a job well done, we suggest you budget approx USD\$2-3 per day, per traveller for your guide and USD\$1-2, per day, per traveller for your driver/s (payable in local currency). Tipping your guide and driver is an entirely personal gesture and ultimately the amount is up to you.

Approx 25 - 40 DH per person per day for the tour guide

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Approx 25 – 40 DH per person per day of the trek (which will be distributed between the muleteers and cook)

Optional Extras

An airport departure transfer and optional half day Marrakech city tour are available to book locally. If you wish to book please ask your tour guide at the Welcome Meeting on day 1.

The prices below are a guide and may be subject to change.

Airport Departure Transfer – approx. price per person, in Dirhams.

- 100 DH pp for minimum 2 people
- 70 DH pp for 3 people
- 50 DH pp for 4 people

Half day guided tour of Marrakech souks and medina.

Approx. price per person, in Dirhams (including entrance fees)

- 650 DH pp for 2 people
- 590 DH pp for 3 people
- 545 DH pp for 4 people

Trek Suitability

This is a challenging trek for fit and active travellers, who are happy to camp with no facilities. The trek reaches a maximum altitude of 4167m (Toubkal summit) with just one night spent above 3000m. There are several long walking days (8- 9hrs) along rocky trails but there isn't any technical difficulty.

Camping

On the trek you will spend four nights wild camping in 3 person tents for twin occupancy. Mattresses are provided but you will need your own sleeping bag and pillow (if required). There is a mess tent for dining and gathering in the evenings. All cooking equipment and eating utensils are provided and meals are freshly prepared by our trek cook. There are toilet tents but no showers while camping. Water is provided for you to have a wash each day and to wash your hands before and after meals.

The final night of the trek is spent at a gite, which is a simple mud brick house with dormitory style accommodation (2 - 6 people sharing a room). The gite has a large communal area to gather in and communal bathrooms with showers.

Meals & Water

During the trek all meals will be freshly cooked on site. Please let us know at time of booking if you have any dietary requirements.

Mineral water is available to buy on trek for a very small sum and we suggest a filtration of water purifier if you wish to drink other water. There is no running water available on ascent day.

Alcohol will not be provided on the trek.

Bags

All kit should be packed in either a soft holdall or a large backpack. We advise against hard suitcases, as they will not be transportable. You will also need a small daypack for trekking each day - to carry your packed lunch, sunglasses, water, camera etc.

Trekking Packing List

You do not require any specialist kit for this trek, apart from trekking poles if you need them, a good sleeping bag, and of course, boots that you have worn-in.

Essential Items:

- A good sleeping bag
- Walking boots that you have worn in

Recommended Clothing:

- Pair of socks for each day and underwear
- T-shirts/shirts, one long sleeve for the sun
- Fleece or sweater for the evenings
- Sandals for overnight camp
- Hat for the sun
- Light waterproof jacket for wind protection at the summit
- Shorts
- Long lightweight trousers/ tracksuit trousers

Other Items

- Toiletries,
- A torch
- A book
- Camera
- Spare batteries
- Water bottle

Travel Insurance

It is essential that you have comprehensive travel insurance that covers trekking over 3000m. Most travel insurance will cover this but you must check. The highest altitude on the trek is 4167m.

Telephone/mobiles

There is Maroc telecom and INWI reception throughout most of the trek. A SIM card can be purchased at the airport or ask your guide.

Morocco Country Guide

Welcome to Morocco – Arrival transfer

We provide a complimentary airport arrival transfer on day 1 of your tour or if you arrive early and have booked pre tour accommodation with us. Please proceed to the arrivals hall and look for our representative holding an On The Go Tours sign. Pre and post tour accommodation can be arranged upon request, please contact us for rates.

If you are arriving earlier and you have booked your accommodation independently, you will need to make your own way to our start hotel, which will be centrally located. The hotel name and address can be found on your Tour Voucher.

If, for any reason you have trouble locating our representative (after waiting 20 minutes in the arrival hall) or your flight to Morocco is delayed, please call or send a text message (standard text message, not Messenger or WhatsApp) to the emergency contact number as stated on your Tour Voucher.

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Visas & passports

Visa requirements are subject to change and visa procurement is the responsibility of the traveller and not On The Go Tours. Please also ensure that your passport is valid for at least 6 months from your planned date of departure from Morocco.

After booking your holiday, please provide us with your passport details as soon as possible so that we can proceed to book all services. Please be advised visa requirements are subject to change, therefore it is essential that you check current visa requirements with the embassy before travel. For information about visas, head to www.onthegotours.com/Morocco/Visas

Shopping

Morocco is a shoppers' paradise. The souks of Fes, Marrakech and Meknes are full of pottery, carpets and kilims, leather goods, spices and cloth. Keep space in your backpack for your purchases! Best buys are: carpets – from the High Atlas mountains or a woven and embroidered Kilim; the burnoose, an elegant hooded cape; spices; or traditional pottery and leathers from Fes.

In the tourism industry it's common practice for commission to be offered in exchange for recommending particular shops or suppliers. This can become an issue when clients feel obliged to purchase. We do our best to avoid this by monitoring all shopping experiences offered.

All shopping experiences on your tour have been noted in the itinerary and they have been carefully selected based upon positive feedback from On The Go travellers. You are under no obligation to partake in a listed shopping experience and you are most welcome to wait inside or outside the premises.

Although we only visit reputable retailers, please note that we cannot explicitly guarantee the quality of their products. All purchases made whilst on holiday with us are at your own discretion. Please make sure that you are completely happy with your purchase. On The Go cannot be held responsible for any items that you buy if they fail to meet expectation, or any shipping arrangements. Proceed with caution.

Health requirements & water

You should seek medical advice for vaccinations and about medications before travelling. While tap water in Morocco is generally considered safe to drink in main cities, it is not advisable in smaller towns and remote areas. Drink bottled mineral water, which is readily available in hotels, shops and restaurants.

Packing List

Please check local temperatures so you can pack accordingly. Visit www.worldclimate.com

- Lightweight cotton garments in summer, warm clothing for winter (temperatures can get quite low at night)
- Comfortable walking shoes or hiking shoes
- Universal travel adaptor
- DEET based mosquito repellent and antihistamine cream
- First aid kit including Dioralyte
- Tour Voucher and a copy of your travel insurance policy, spare passport photos and a photocopy of your passport
- Sunglasses, hat, sunscreen, swim costume, torch and money belt
- Either a rucksack or suitcase is suitable. A small daypack for your day-to-day needs
- A towel for swimming
- A torch for your night in the Sahara Desert
- If travelling on our Handpicked Morocco tours a sleeping bag is required for the Sahara Desert camp is

required if travelling between Oct – Apr, a cotton sleep sheet will be adequate if travelling from May to September (Signature group tour travellers do not need this, as bedding is provided)

Drones are not permitted

It is forbidden to bring drones into Morocco (even small ones that might fit in hand luggage), a special permit has to be arranged with the appropriate department in Rabat and this can take months to arrange.

Note: If you are travelling on our **Mount Toubkal Trek** please refer to the Trekking Packing List.

Hotels

The hotels in Morocco are clean, comfortable and centrally located. We try to utilise local and traditional hotels with plenty of character wherever possible. In smaller towns, the choice of accommodation is often limited, but we will always book the best accommodation available for our travellers. Please be aware that hotels in Morocco are not of the same standard as Western hotels and facilities can be more basic.

It's not like home, what to expect & Ramadan

Travel to far-flung corners of the earth involves lifestyles and conditions that are sometimes very different from what you are used to back home. You must come prepared to cope with unusual situations, local inadequacies and unpredictable events as and when they occur. Foreign travel is definitely not suitable for people who expect or demand everything to go exactly as planned. With the greatest respect and in the interest of your ultimate enjoyment you must understand this. Things can and do change in foreign countries.

Please visit www.onthegotours.com/Morocco/Travel-tips-and-useful-info for local customs, currency, etiquette, WiFi and other helpful information to prepare for your holiday.

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RAMADAN

Ramadan is a month of fasting observed by Muslims throughout the world and adherents of the Muslim faith fast during daylight hours and break their fast with lavish meals and lively celebrations in the evening. Ramadan culminates a month later in a 3 day celebration called Eid al - Fitr. Many shops (excluding those which cater mainly to tourists) and attractions close earlier during Ramadan. As such we will start our tour earlier during this period to make the best use of time and itineraries will be slightly altered to ensure we visit all attractions, leisure time will be offered in the late afternoon. Non-Muslims are not expected to fast over Ramadan, but it is considered impolite to eat food or drink on the street. NOTE: Traffic is exceptionally heavy during Ramadan, especially toward the time of breaking the fast. Forthcoming Ramadan dates are as follows, (approximate) 22 Mar - 20 Apr 2023 & 10 Mar - 08 Apr 2024.

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