

# Mt Toubkal Climb - Trip Notes

## General Trip info

**Trip Code:** ETMM

**Trip Length:** 8

**Trip starts in:** Marrakech

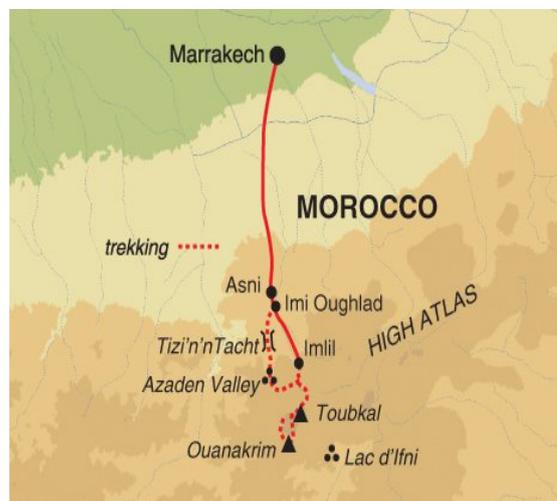
**Trip ends in:** Marrakech

**Meals:** All breakfasts, 5 lunches and 5 dinners included

**Accommodation:**

**Transport:** 4 nights camping, 1 night gite with shared facilities and 2 nights 3-star hotel in en suite rooms 5 days point-to-point walking

## Map



## Daily Itinerary

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### Day 1

#### Marrakech

Depending on your arrival time, there may be some time to explore this wonderfully colourful city before our group meeting in the early evening. \*Hotel Gomassine or similar\*

### Day 2

#### Azaden Valley

After breakfast we transfer by minibus to Imi Oughlad, a journey that takes us from the plains around Marrakech into the heart of the High Atlas range. After meeting our mules and muleteers we start a 5 hour walk, climbing up to the Tacht Pass (2000m) before descending into the Azaden Valley, famous for its beautiful juniper forests. We camp on the outskirts of a small village by the river. \*Full-service Camping\*

### Day 3

#### Irhouliiden

A full day walking through the villages on the northern slope of Mt Toubkal. This famous mountain can be seen from Marrakech thanks to its unique shape. We travel through Azib Tamsoult and the Irhouliiden cascade before arriving at our camp for the night, which sits at an impressive 3030m. There is an optional ascent in the afternoon for those who want to try a more demanding 3-hour trek to the summit of Hadj (3200m), for excellent views of Mt Toubkal. \*Full-service Camping\*

## Day 4

### **Toubkal Base Camp**

Today we cross the Aguelzim pass (3550m), the climb is quite steep but once at the top we can enjoy panoramic views of the Toubkal Massif and towards the plains that surround Marrakech. We then descend to Toubkal Base Camp and either enjoy a 2 hour optional climb to the summit of Ouanoums (3650m) or simply relax. The busy refuge, which sits at an altitude of 3207m, was constructed by Club Alpin Française in 2000. We camp in the grounds but can still benefit from the facilities, including showers, a small shop and the cosy lounge. \*Full-service Camping \*

## Day 5

### **Toubkal Base Camp**

We make an early start from base camp for the ascent of Mount Toubkal, climbing steeply through scree before traversing the southern ridge to reach the summit at 4167m. After enjoying the magnificent panoramic views, we descend back to base camp. Here we have the rest of the afternoon free to reflect on our achievement. \*Full-service Camping\*

## Day 6

### **Aremd**

We have an exciting opportunity this morning to ascend another of Morocco's 4000m peaks - Mt Ouanakrim. Although lower than Toubkal this summit is considered more challenging, but is often a highlight of the week for many Exodus clients. Depending on weather and the group's ability, our leader will decide if this walk is achievable. On return we leave base camp to walk down to the village of Arroumd (1904m). If there is time, we will spend the afternoon exploring the village. Other may chose just to relax on the pretty terrace. Please note that distance below do not include optional climb. \*Hotel Armed or similar\*

## Day 7

### **Marrakech**

The short walk down to Imlil is followed by the drive back towards Marrakech, where we have a guided tour. Taking in the main sites we learn about the history, culture and architecture of this wonderful city. We then have free time to explore the Djemaa el Fna and the souk, a must for some serious bargaining for souvenirs. \*Hotel Gomassine or similar\*

## Day 8

### **Marrakech**

Our tour ends after breakfast.

## Additional Information

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### Notes for Morocco

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From the vast emptiness of the Sahara Desert to the teeming bustle of colourful souks and markets, Morocco is a land of contrasts. Ride a camel across red dunes that stretch as far as the eye can see, and camp in a Berber tent beneath a canopy of stars. Sample a mint tea in the Djemaa el Fna in Marrakech, as you watch the performance of acrobats and story tellers, snake charmers and drummers. From the charming seaside town of Essaouira to the tiny villages of the High Atlas, from the ancient Fes Medina or the bustling town of Casablanca, to the silence of the desert, Morocco will captivate you.

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries will not need a visa to enter Morocco as a tourist for up to 90 days. Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it in advance.

## **Important Notes**

The routes, activities and places visited as described in these trip notes are intentions and are meant as a rough guide only.

These trip notes have been compiled to help you prepare for your journey once you have booked. They include the full itinerary and dates, and information about kit lists, meeting hotels, insurance, vaccinations, visas, and other information that will help you get ready for your trip.

These notes are updated regularly, so please ensure you have an up-to-date version of these trip notes.

The planned route and itinerary is the intention, but exact night stops and inclusions cannot be guaranteed. It occasionally happens that there must be a change to our planned itinerary - this may be for a variety of reasons, such as climatic, road or bureaucratic conditions. By their very nature, adventure travel needs to be approached flexibly and some regions can be unpredictable. Some Imaginative Traveller journeys go through off the beaten track areas, which often have poor infrastructure and less stringent safety standards than we are used to at home.

## **Our Groups**

Our groups are made up of people from around the world and are usually an interesting mix of nationalities and ages. On average there is a pretty even split, males to females and between solo travellers, couples and small groups of friends. We believe that adventure travel should be open to as many people as possible and so although some trips have a minimum age limit, as long as you are fit, healthy and passionate about travel, we are happy to take you. One of the highlights of group travel is the camaraderie and friendships that are formed along the way, and as well as the variety of people that you will meet.

The maximum group size depends on the operator and the style of transport, but will usually be a maximum of 15-16 or up to 21-22 on our overland journeys.

## **Accommodation**

Imaginative Traveller trips are designed for shared accommodation, whether staying in hotels, hostels, homestays or campsites, and therefore do not involve a single supplement. Single travellers will share with people of the same sex for the duration of the trip and those that book together will usually be able to share accommodation.

The type, variety and standard of accommodation will vary greatly depending on what options are available in the region you are travelling; hotels can vary from very basic rooms without electricity or running water to high standard hotels with good facilities! Generally in hotels most rooms will be twin-share. Hostels, gers and yurts are nearly always multi-share.

Many trips will feature a stay in a local homestay or community tourism initiative, allowing us to experience a slice of local life in the areas we travel through. On our overland trips, we will sometimes camp in campsites ranging from rather basic or even wild camps to those with excellent facilities, including swimming pools, restaurants and bars.

## **Dietary Requirements**

If you have any dietary requirements please tell us at the time of booking and also remind your leader at your welcome meeting. Our crew will try to cater for any particular dietary requirement or food intolerance whenever possible.

## **Health**

You need to be in good physical health in order to participate fully in our trips. When selecting your trip

please make sure you have read through the itinerary carefully and assessed your ability to cope with the style of travel on that trip. We are always happy to give extra advice if you have additional concerns. Please note that if, in the opinion of our leader, you are unable to complete the itinerary without undue risk to yourself and/or the rest of the group, Imaginative Traveller or our partner operators reserve the right to exclude you from all or part of the trip.

You should consult your doctor for up-to-date medical travel information prior to travel, particularly if you have a pre-existing medical condition. We also advise you to declare any pre-existing medical conditions to your travel insurers upon purchase.

## **Altitude**

Imaginative Traveller offers some trips that travel to above 2,800m altitude above sea level - it is imperative at high altitudes to drink lots of water to stay hydrated, be careful not to get burned by the sun, and try not to exert yourself too much. Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude; please discuss these options with your doctor.

## **Yellow Fever**

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate - please see each country's note above for details. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

## **Malaria and other mosquito-borne diseases**

Some areas we travel to have the risk of contracting malaria. If this applies to your trip, please get expert advice before travelling about types of malaria pills and take them as instructed. Recommended types do change from time to time and from area to area. Consult your GP / travel clinic for the most up-to-date requirements and to find the right option for you. If advised by your doctor to take a course of anti-malarial tablets, please complete the course as instructed as malaria can often manifest itself upon your return home if the course is not followed.

Other mosquito-borne diseases such as Dengue Fever, Chikungunya and Zika are continuing to spread and becoming a bigger problem around the world. Bite prevention is vital to avoid contracting any of these diseases as there are no vaccines or specific treatments available. Health professionals have issued warnings for pregnant women travelling to areas affected by the Zika virus.

The mosquito usually bites between the hours of dusk and dawn and so covering up by wearing long-legged and long-sleeved clothing, preferably light coloured and buttoned at the wrists, can help. Do not sleep without closing windows, use a mosquito net where possible and use mosquito repellent applied directly to your skin or soaked into your clothing.

## **Vaccinations**

Recommended vaccinations and other health protection vary according to different regions and recent bulletins issued by health authorities. It is essential to get the latest advice on the region(s) you are planning to travel in so please check with either your doctor or travel clinic in good time before you travel.

We also recommend you check out any specific health advice for the country you are travelling to either via your GP or the following websites: [www.nathnac.org](http://www.nathnac.org) or [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

In the UK, we have been working with Nomad Travel for many years and their website has comprehensive,

up-to-date vaccination and health information. You will receive a 10% discount off all vaccinations given at Nomad Travel clinics.

## **Activities**

Included activities are listed in the day-to-day itinerary, all other activities are optional and at your own expense. If you choose not to participate in the included activities on this itinerary, the cost will not necessarily be refunded; this is something you will need to check with your leader.

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Please note that certain activities may not be available on your particular visit if they are overbooked, underbooked, out of season, or for any other reason - the list of activities is made according to our latest information and in the best faith, but please be aware that things may change between our last visit and your arrival. Please also note that it may not be possible to do all the activities listed in the time available at each destination, and it is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there.

If you do any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities.

## **Insurance**

It is a condition of booking that you have comprehensive travel insurance. Without evidence of valid travel insurance you will not be allowed to start the trip. This can be arranged by Imaginative Traveller through our website or by contacting our team of travel consultants.

If you prefer to arrange your insurance independently, it should have a minimum medical (including repatriation) cover of £2,000,000. We recommend that any policy also has a minimum level of cover for Personal Liability of £2,000,000 and for Cancellation and Curtailment of £5,000. Cover for loss of baggage, personal effects, money and other inclusions are down to personal choice although please bear in mind that personal effects are more likely to go missing whilst travelling and you should ensure that your policy is adequate to cover the value of your personal effects e.g. cameras, tablets, phones etc. Please note that Imaginative Traveller and our partner operators are not responsible for your personal effects and are not insured for their loss.

If you prefer to arrange your insurance independently, it should cover you for any activities that you may wish to participate in, such as white-water rafting, trekking, horse-riding, etc. and the 24-hour Emergency Assistance Company must be experienced in handling situations in developing countries if applicable (e.g. they have the ability to arrange repatriation from remote areas such as the Sahara or trekking in the Andes). If you are travelling to high altitude (such as embarking on a trek to the summit of Kilimanjaro), please make sure that this is also covered.

Please double check if you have annual travel and/or credit card policies to ensure they have the cover you require, as many of these policies are not suitable with adventure travel to remote areas. Many credit card medical insurance policies are not valid for travelling outside your country of residence or outside the EU.

Please also check the age limits on any policy you wish to take out and make sure that you thoroughly inform the insurance company of any pre-existing conditions.

## **Passports**

Check that your passport will still be valid for 6 months after the end of the trip - this is important as some countries WILL refuse entry to anyone whose passport is due to expire. A temporary or emergency passport is not valid on our trips. You will need to provide us with your passport details prior to departing for your trip. If you change your passport please remember to inform us.

## **Pre and Post Trip Accommodation and Transfers**

At Imaginative Traveller we believe you should make the most of the places you visit, so if you would like to see more of the joining or finishing point cities, why not book additional accommodation to extend your stay? We can take away the hassle of time zones and language barriers by making the booking for you. This accommodation is only available at the joining or finishing city of your trip, immediately before or after the trip you are travelling on. Please note our rates do not reflect last minute walk-in rates or internet specials.

We can also book arrival airport transfers for you as long as we have your flight arrival details. These are normally payable in cash upon arrival; however we do have pre paid transfers in a few destinations.

Please contact our reservations team for details of the accommodation and transfers that we can offer, as not all hotels offer this service.

## **Responsible Tourism**

Imaginative Traveller is committed to ensuring that we have a positive impact on local communities and that we implement policies to minimise any negative impact on the local environment. We recognise that we are guests of local communities and strive to make them benefit directly from our visit. You can find full details of Imaginative Traveller's responsible tourism policy on our website.

## **Issues on the trip**

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on

[customer-relations@imtrav.net](mailto:customer-relations@imtrav.net)

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

## **Feedback**

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us to understand what we are doing well and what we could be doing better, and it allows us to make improvements for future travellers.