



MOUNT TOUBKAL SUMMIT TREK MOROCCO – 7 days



Mt Toubkal in the distance, viewed from the Berber village of Aremd

Total days:	7
Trekking days:	5
Max altitude:	4167m
Dates:	Contact us at info@trekmountains.com with your preferred dates

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Itinerary

Day 1 Marrakech

Arrive Marrakech airport and transfer to hotel.

Evening visit to the famous square Djema El Fna, a UNESCO World Heritage Site.

Overnight hotel, Marrakech



Enjoy dinner watching the sun set over Djema el Fna, Marrakech

Day 2 Marrakech – Tizi Oussem 1850m

After breakfast, meet your guide & driver at the hotel, then transfer south of Marrakech to Aguersioual located 3km before Imlil. Meet the crew then start the walk up a steady track to the village of Matat. The path starts to climb up to Tizi Oudite where you will stop for lunch before you walk through juniper forest down to the lush Azaden valley.

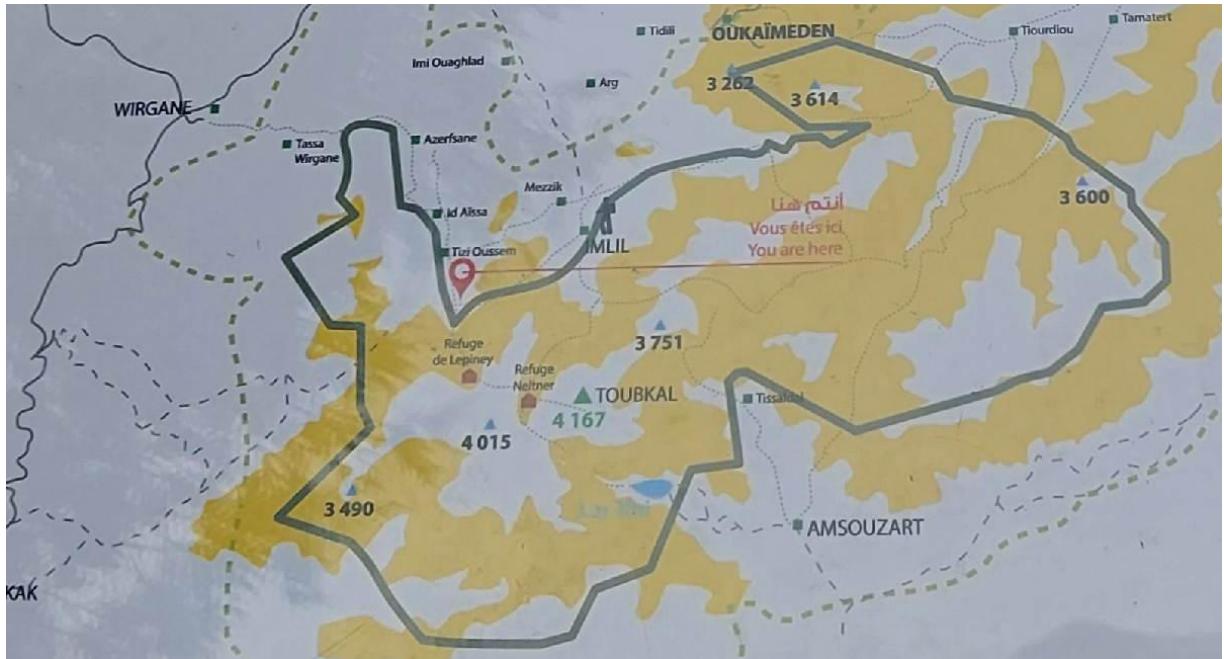
The red coloured hills alternate with the green cultivated fields and produce a great scene of the picturesque Atlas mountains. A steady walk along the upper Azaden valley takes you to the village of Tizi Oussem the highest one in the valley.

Driving time: Approx. 1½ hrs / Walking time: approx. 5 hrs

Overnight village house

Meals included: BLD





Day 3 Tizi Oussem – Aremd 1900m

Leave the village with a steep ascent then join a mule path traversing to the pass of Tizi Mzik at 2489 m. During the ascent you will see some of the oldest juniper trees of the National Park of Toubkal.

From the pass you will enjoy great views of Imlil and the surrounding peaks.

A long descent takes you to Aremd, a village built on a moraine on the foothills of Toubkal peak. You may want to take a short walk in the village in the afternoon.

Walking time: approx. 4½ hrs

Overnight village house

Meals included: BLD





Looking down on the Berber village of Imlil

Day 4 Aremd – Toubkal mountain refuge 3200m

You cross a dry riverbed to catch a regular path following the valley up to the shrine of Sidi Chamharouch, known to locals for its curative power and for trekkers as a refreshment stop. Your guide will tell about its history and customs. The climb then gets a bit steeper but always on a well-maintained zigzag mule track.

After a picnic lunch you continue walking through alpine scenery with high peaks both sides to reach the Toubkal mountain refuge Neltner.

Walking time: approx. 8 miles / 5½ hrs

Overnight refuge

Meals included: BLD

Day 5 Toubkal ascent

Today will be an early start to enable you to summit the highest peak in North Africa and to see the sunrise over the mountain ridges while walking up. The path is a combination between scree slopes, zigzags and solid steps.

Once you have arrived at the pass of Tizi n Toubkal at 3975m you can see the summit and the walk along the ridge gets less steep.

The breath-taking views from the top at 4167m are worth the effort and reward your determination.

After a rest at the top, you will retrace your way back to the refuge for a late lunch.

The rest of the afternoon is left for relaxation.

Walking time: approx. 3 miles, 6-7 hrs (3-4 hrs ascent and 2-3 hrs descent) depending on group fitness.

Overnight refuge

Meals included: BLD



Day 6 Toubkal mountain refuge – Imlil - Marrakech

After breakfast you leave the mountain scenery and walk down the valley back to Imlil with a lunch stop en- route.

In the afternoon you will meet the vehicle for your transfer back to Marrakech. Chance for some souvenir shopping in the souks, relaxing at the hotel or in a streetside café. You'll certainly want another look at Djema el Fna to fill your memories before you leave Morocco.

Walking time: approx. 4-5 hrs

Overnight hotel, Marrakech

Meals included: BL



Djema el Fna at night

Day 7 Depart Marrakech

After breakfast, transfer to the airport for your flight home.

Meals included: B

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions. All named accommodation is subject to availability.

Accommodation:

Marrakech hotel:

We would propose the **4* Hotel Kennedy Hospitality Resort in Marrakech**, but Marrakech offers accommodation to suit all budgets from basic to 5* so please advise us of your preferences

Mountain accommodation:

- Tizi Oussef – Village house, 1 night
- Aremd – Village house, 1 night
- Toubkal – Mountain refuge (CAF), 2 nights (dorms with shared facilities)

Food and drink:

All meals on trek are provided, and the quality of the food on trek may well surprise you.

Breakfasts include cereals, home-baked breads, jams, fruit juice and tea

Lunches are wonderful delicious salads which have been safely prepared and presented as a work of art, home-baked breads, pasta, tuna, cheese and the juiciest seasonal fruit.

Dinners are often meat or vegetable tagine, with couscous, rice, potatoes or maybe even chips.

Seasonal fruit and 'sleepy tea' (lemon verbena herbal tea) to follow...



Whilst you're in the hotels we've included breakfasts.

For lunch and dinner there are a host of restaurants to choose from. Dining overlooking the Djema el Fna square as it comes to life in the evening is an occasion to be remembered.



What time of year is advised for this trek?

The trek is suitable till mid-November.

Snow mostly occurs at the Toubkal summit around end-October and goes down to 3500m depending on each season.

If snow conditions means that crampons are required, this is normally known before your trip starts, and crampons can be hired locally

What do I need to take?

You'll carry your day sac containing just the things you'll need during the day on trek, together with your valuables.

The rest of your clothes, your sleeping bag and basic toiletries will be carried by mule in your kitbag.

Sleeping mattresses are provided.

You will be sent a full kit list.



What's included:

- Private arrival transfer in Marrakech (Day 1)
- Private transfer from Marrakech to Aguersioual (Day 2)
- Private transfer from Imlil to Marrakech (Day 6)
- Private departure transfer in Marrakech (Day 7)
- Hotel accommodation for first and last night of the trip in en-suite rooms, inclusive of breakfast as per the itinerary
- Mountain accommodation as per the itinerary
- Qualified English-speaking mountain guide for 5 days (Day 2 to 6)
- The services of a cook on trek
- Meals as indicated in the itinerary (6 breakfast, 5 lunches and 4 dinners)
- Luggage transport by mules
- Mule handlers

Not Included:

- International flights.
- Meals not specified in the itinerary as being included.
- Mineral water / drinks
- Sleeping bags
- Trekking-specific travel Insurance.
- Tips

The Price:

The price will vary depending on your preferred level of accommodation in Marrakech, the size of your group and your dates. Please email us at info@trekmountains.com for a quotation.



Sunset, Marrakech