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2020 trip dossier | **Summer Mt Toubkal £499**

Website link | <http://www.icicle-mountaineering.ltd.uk/toubkalsummer.html>

Key features

- **Climb Mount Toubkal 4167m the highest peak in North Africa.**
- **3 days guiding staying in mountain huts and 2 nights in Marrakech.**
- **Enjoy both the mountains and the colourful local culture of the Berber villages.**
- **Led by top qualified guides (UIMLA/Local), to teach the necessary skills for the trek.**
- **4* hotel in Marrakech near the city walls.**
- **2020 dates; 23 – 27 July, 30 July – 3 Aug, 20 – 24 Aug, 27 – 31 Aug.**



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UK registered company 413 6635. VAT 770 137 933

'inspirational mountain adventure holidays'

20 years
established in 2000





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Course overview

- Mount Toubkal 4167m is the highest peak in North Africa, and is brilliant objective for a long weekend. Our itinerary has been designed for keen walkers, as the ascent is non-technical, but involves some easy scrambling, and you can ascend two 4000m peaks, Mount Toubkal 4167m and Ouankarim 4089m.
- From the summits of Mount Toubkal and Ouankarim, the views are amazing across the mountains to Marrakech to the north, and the start of the Sahara to the south. All around are the jagged peaks of the High Atlas stretching as far as you can see in every direction.
- This trip enables you to enjoy both the mountains, and the colourful local culture of the Berber villages that are built into the steep valley sides. Your local guide can tell you all about the local culture and traditions, so you get an amazing insight into the region.
- In contrast, Marrakech provides an interesting start and finish, where you can relax and enjoy shopping and eating in the French area boulevards or the narrow alleyways of the medina. For those who enjoy haggling, it's a must to visit the Souk (local market) in the centre of Marrakech, and to try and negotiate a bargain.
- Enjoy the local cuisine, couscous, mechoui, pastilla and tajine, as Moroccan food is considered by many to be the best in Africa. In the souk markets, many try and haggle for souvenirs. All meals (breakfast, lunch and dinner) are included on trek. Whilst in Marrakech you stay in a 4* hotel on a B&B basis.
- We also offer several alternative trips to Mount Toubkal. If snow is your thing, either on foot (boots & crampons) [link](#), or a ski touring ascent [link](#). In summer we also offer trail running ascents [link](#). Hopefully in that selection, there's something for everyone! We've been operating Toubkal ascents year round for nearly 20 years now.
- UK nationals need a full passport valid for 6 months from the return date of travel. No visa is required for the above passport holders. Most European Community passport holders do not require a visa. All other nationalities should check with their embassy.
- We do stress that no previous mountaineering experience is needed for an ascent of Mount Toubkal, but winter hillwalking (even without crampons) experience will help, as will fairly good hill fitness, as the days are demanding.

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Sample itinerary

Please note that this itinerary, as with all our adventure travel trips, is highly flexible to cater for changing weather and conditions in the mountains. Be aware that the itinerary is likely to change, and the outline below should be used for guidance as an indicative plan. Obviously Toubkal is the primary objective, and the guide will decide which of the days to make this ascent, to take the best weather window to make it happen.

Thursday

Fly out to Marrakech, where you are met at the airport for a transfer to the hotel where the group are staying. Typically this is a 4 star hotel, a short drive from the airport, next to the old city walls. In the afternoon, you have time to explore the old city, then in the evening, you can go out for a meal in the old town (not inc). The guide will meet you at the hotel once everyone has arrived, as others may have different flights.

Friday

After breakfast, you are driven to the road head at Imlil, and the trail gains almost 1200m as the trek passes the Muslim shrine of Sidi Chamarouch, and the tomb of the Marabout. From here the path leads upwards to reach the comfortable Mouflon mountain refuge 3207m. This is the highest hut in the Atlas mountains, and is situated at the foot of Toubkal itself, and you are likely to be based here for the next two nights.

Saturday

A very early start for the ascent of Mount Toubkal. The trek starts up an easy angled rocky slope, before heading left and traversing the south ridge to reach the summit at 4167m. At the summit pyramid structure you can enjoy the panoramic view which stretches for miles in all directions. The descent is made by retracing your route to the col, and heading back down to the Mouflon refuge for the night.

Sunday

Today is potentially a spare day for attempting Toubkal, but ideally you can attempt another 4000m peak. The objective is a day climb of Ouanoukrim 4089m, with its scramble to the summit, which is the second highest peak in the region. After descending to the hut, you trek back to Imlil, and are driven to Marrakesh. You can explore the medina and Djemaa el Fna market (souk). Night in hotel.

Monday

Enjoy breakfast in the hotel, and maybe a final dip in the pool, before you leave for your return transfer to the airport and your flight home. It is possible to extend your stay with one or more extra nights in the hotel. Ask us for a quote.

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Course Inclusions

1) Moroccan mountain guide(s) for three days, 2) Accommodation from Thursday evening to Monday morning (4 nights), with 2 nights in a 4* hotel in Marrakesh, and 2 nights in mountain huts / gites, 3) All meals on the actual trek (breakfast, lunch and dinner), 4) Pre course information booklet, 5) Airport transfers to and from Marrakech airport, 6) Equipment discount voucher for our UK shop, 7) Mule support between Imlil and Mouflon refuge, 8) Transfers between Marrakesh and the roadhead at Imlil.

Course Exclusions

1) Travel to and from Marrakech, 2) Equipment hire, 3) Personal laundry, telephone calls, lunches, evening meals in valley, & any purchases in mountain huts / hotels / restaurants, 4) Lunches and evening meals in Marrakech, 5) Activities insurance, & excess baggage charges..

Notes

Group sizes 2 - 8 clients, with 1 lead guide (and extra guides as required). If you can't find a date that suits, or wish a private trip, we can provide a bespoke date for just 2 people booking together on any date you would like for just £549pp, or for 1 person a private trip is £649. For either of these options, get in touch, and we'll put a bespoke date up for you. For private groups of 3 or more, the scheduled price applies, and discounts are applied for private groups of 6 or more.

ITINERARY NOTES: Where possible we follow itineraries. Mountain adventures are weather and conditions dependant, so occasionally we are forced to alter the plans. If this is the case, suitable alternatives are offered. Please use this outline itinerary as a guide to the types of route / activity that you will attempt.

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Climbing skill

These are outlined on this page; <http://www.icicle-mountaineering.ltd.uk/courses.html>, and this course is;

Course level: **Beginner**
Mountaineering: **Previous experience preferred but not necessary.**
Ice & Rock: **Use of ice axe and crampons preferred.**
Fitness: **Good general fitness and stamina**

Fitness & stamina

The ideal fitness levels are detailed at; <http://www.icicle-mountaineering.ltd.uk/trainingpreparation.html>, and there are links to general training advice and planners that you can adapt to suit and follow.

This trip is graded: **Level 2** - We suggest that people on courses of this grade can run 10km without a problem, but we stress that for courses of this level you do not need to be any fitter than this minimum level, though it is there to ensure a good basic level of aerobic fitness and training.



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