



Icicle Mountaineering Ltd | Church Street
Windermere | Lake District | LA23 1AQ
Tel +44 (0)1539 44 22 17 | info@icicle.co.uk
Website: www.icicle-mountaineering.ltd.uk
Online: shop.icicle-mountaineering.ltd.uk



2023 trip dossier | **Winter Mt Toubkal £649**

Website link | <http://www.icicle-mountaineering.ltd.uk/toubkal.htm>

Key features

- **Climb Mount Toubkal 4167m the highest peak in North Africa.**
- **6 days guiding staying in mountain huts and 2 nights in Marrakesh.**
- **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.**
- **All technical equipment (e.g. B3 boots, crampons, ice axe etc.) can be hired through Icicle.**
- **2022 dates: 22 – 29 Oct, 29 Oct – 5 Nov, 26 Nov – 3 Dec, 10 – 17 Dec, Christmas 19 – 26 Dec 2022.**
- **2023 dates: New Year 26 Dec '21 – 2 Jan '22, 14 – 21 Jan, 21 – 28 Jan, 28 Jan – 4 Feb, 11 – 18 Feb, 18 – 25 Feb, 25 Feb – 4 Mar, 25 Mar – 1 Apr, 1 – 8 Apr, 8 – 15 Apr 2023.**



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Course overview

- Mount Toubkal 4167m is the highest peak in North Africa, and is snowy climb in the winter months, where you get the opportunity to ascend using crampons and an ice axe for security. No previous winter experience is required, as all skills are taught on the trek. The itinerary has been designed for keen walkers, as the ascent is non-technical, but involves some easy scrambling and snow slopes.
- As with all our climbing trips, we focus on skills training and acclimatisation, so before you ascend Toubkal, you summit Ouanoukrim 4089m. From both summits, 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 meals are provided from dinner on the first evening with breakfast the following morning, then dinner on the last night with breakfast on the morning you depart.
- You only normally require warm clothing above 3000m where it is cooler. During the winter the skies are normally clear but as in all mountain areas the weather can be unpredictable.
- 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 a Winter ascent of Mount Toubkal, but winter hillwalking (even without crampons) experience will help, as will fairly good hill fitness, as the last couple of days are more demanding.

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Sample itinerary

Saturday

Fly from to Marrakech and transfer to hotel. Briefing about the trek.

Sunday

After breakfast, you are driven to the road head at Imilil, and then the objective is to start your acclimatisation by hiking to the high pass of the Col Tizi M'zzik 2660m above the nearby Mezzik Valley, before descending to the valley for the night. Acclimatisation such as this adheres to the well accepted advice of climbing high, and sleeping low. You stay in a gite in one of the old fortified villages such as Ait Souka.

Monday

Enjoy a good breakfast, then set off soon after. Today 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 Neltner 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 three nights.

Tuesday

The mountain refuge of Neltner is a perfect base for the final training climb which will acclimatise you perfectly for Toubkal. Today you undertake the day climb of Ouanoukrim 4089m, with its scramble to the summit, which is the second highest peak in the region. You descend to the Neltner, and there is time to rest and relax in the late afternoon. Night in Neltner refuge.

Wednesday

A very early start for the ascent of Mount Toubkal, starting up an easy angled snowy slope. You then head left and traversing the south ridge to reach the summit at 4167m, where 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 Neltner refuge for the night.

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Thursday

Today is potentially a spare day for attempting Toubkal, but generally this isn't required, so after breakfast you leave the refuge and trek down into the Aroumd Valley, via Sidi Chamharouch to reach Imlil for the night.. Night in Imlil (gite).

Friday

After breakfast, you are driven back to Marrakech, arriving around lunchtime, and check in at the group hotel (normally 4 stars) again. There is time in the afternoon for you to have a tour of Marrakech, and the Djemaa el Fna market (souk). In the evening there is a group celebratory meal in Marrakech.

Saturday

Breakfast, then transfer back to Marrakech airport for your return flight home.

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 as a guide to the types of activity that you will attempt.

Course Inclusions

1) UIMLA / Local Guides for six days, 2) Accommodation from Saturday evening to Saturday morning (7 nights), varying from hotels to mountain huts and 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) Free 36 page technical Course Instruction Booklet

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 in Marrakech, 5) Activities insurance, & excess baggage charges, 6) Allow up to 50€ per person for optional entry into sightseeing places of interest and optional town tour on the Friday.

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 £749pp, or for 1 person a private trip is £999. 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.

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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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How to book

- All bookings are made securely online, and deposit of £250 is payable (with secure payments handled via our travel bonding by SinGS / Felloh). Ensure that when completing the form, you fill in all the required fields, in order for the 'SUBMIT' button to appear.
- All payments are protected by our Tour Operator travel bonding with ATOL and TTA, and your monies are held in trust until after you have travelled home. You are fully financially protected, in accordance with UK and EU laws.
- Website link: <http://www.icicle-mountaineering.ltd.uk/booking.html>

Before your trip

- As soon as you book online, you are sent confirmation of this, and attachments including joining instructions, course specific kit lists, and a separate WorldPay receipt. If you haven't received these two e-mails within half an hour of booking online, check your junk / spam folder.
- At the office, we manually check all bookings, and you'll also receive a personalised e-mail from us formally confirming your course space. Once you have this office confirmation, it's fine to go ahead and book your travel arrangements, and to arrange your activities insurance.
- Activities insurance is a requirement for all trip participants. Organise it as soon as you are booked, and ensure that it covers you for cancellation or curtailment, in case you injure yourself or get ill before your trip. This ensures you'd be fully reimbursed for the trip, and all travel costs.
- Website link: <http://www.icicle-mountaineering.ltd.uk/insurance.html>

Maps & guidebooks

- You don't need to take any maps and guidebooks for your trip, as you are being guided, but it's always a good idea from a safety perspective to have a map with you. Here are the key links;
- Toubkal and Marrakesh; <https://shop.icicle-mountaineering.ltd.uk/158/BooksMaps/Maps/Worldwidemaps/ToubkalandMarrakeshMap.html>
- Trekking in the Atlas Mountains; <https://shop.icicle-mountaineering.ltd.uk/170/BooksMaps/Books/Worldwidebooks/TrekkingintheAtlasMountains.html>

Equipment lists

- You will be sent a precise course specific kit list upon booking, but we have a huge amount of kit advice on our website; <http://www.icicle-mountaineering.ltd.uk/boots.html>
- Website link: <http://www.icicle-mountaineering.ltd.uk/icicleshop%2BKIT%2BMTR.html>

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Any questions?

Even if you've read all the detail here and in your Course Information Booklet, and on the website, you may still have some queries about your trip, so don't hesitate to get in touch.

- Telephone +44 (0)1539 44 22 17
- E-mail info@icicle.co.uk
- Facebook message <http://m.me/iciclemountaineering>
- Here's our office hours, and online chat <http://www.icicle-mountaineering.ltd.uk/contact.html>
- When you're on a trip, you'll also be provided an in resort WhatsApp number for our team, so if you haven't already, please ensure that you download this free app to your phone.



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