

# One Week Mount Toubkal Trek

Trip Code: OWT

Version: OWT One-week Mount Toubkal Trek



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- A fantastic off the beaten track trekking circuit to the summit of Toubkal
- Experience the rich culture and scenery of the mighty High Atlas Mountains
- Camp beside spectacular Lake Ifni and explore the land of the Berbers
- Explore and relax in Marrakech with easy options to extend your holiday

## AT A GLANCE

- 5 days trekking
- Max altitude - 4167 metres

## ACCOMMODATIONS & MEALS

- All meals included
- 2 nights Hotel

- AIRPORT TRANSFERS INCLUDED
- 4 nights Camping
- Join at Marrakech
- 1 nights Gite / Hostel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

## Introduction

The welcoming Kingdom of Morocco offers a wonderful diversity of culture, cuisine and landscapes including the mighty High Atlas Mountains. This excellent [trekking holiday to Morocco](#) follows a genuine off the beaten track circuit through the heart of the mountains, all the way to the summit of Mount Toubkal. Whilst trekking through the land of the Berbers, you'll explore picturesque mountain villages, hidden valleys and charming lakes surrounded by breath-taking panoramas. KE's classic route follows an exciting circuit across the spine of the High Atlas to the remote and beautiful Tizgui Valley. Here you'll find jaw dropping scenery, magnificent passes, fascinating Berber culture and experience waking up beside the turquoise lake of Ifni. After making our way to the Neltner Refuge, it's the summit of Toubkal, Morocco's highest peak that calls. As you stand on the summit you'll be rewarded with a jaw-dropping panorama stretching from the mighty High Atlas to the magnificent Sahara Desert. If you're looking for a classic trekking adventure which follows lesser-known trails and takes you on a High Atlas Circuit to the top of Toubkal, then this is the perfect choice.

A Genuine Small Group Experience - The Secret of Our Success on one week Toubkal

We are proud to say this holiday in Morocco is limited to a maximum group size of 12, ensuring you enjoy a genuine small group adventure. We've been taking people trekking and walking for over thirty years so we know the ingredients of a good guide and a successful group holiday. Toubkal is neither particularly high nor technically demanding, but the experience and knowledge of our Moroccan leaders, teamed with a smaller group size, can make a big difference on summit day. Those who are new to trekking holidays will take particular comfort in the presence of our experienced Moroccan guides, who we believe are the best in the business.

UNSURE OF WHICH HOLIDAY IS RIGHT FOR YOU? CHECK OUT OUR [Walking Holidays Guide to TOUBKAL](#)

### Is this holiday for you?

This superb trekking holiday is challenging but the maximum altitude is not very high and we spend only one night above 3000m. The area we trek through is remote, which is one of the highlights and as you'd expect on a mountain journey there are a number of long walking days (8 or 9 hour). For the majority of the time we trek along rocky trails and in summer the temperatures can be high, however this is the best time to climb Toubkal as the trails are generally snow free. Heading to the summit of Toubkal is optional and if you decide to stay at the refuge and wait for the group, it won't take away the enjoyment from the rest of the circuit and holiday. However the ascent of Toubkal presents no technical difficulty and should be within the capabilities of fit and active walkers.

# Itinerary

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## DAY 1

**Meet at the group hotel in Marrakech. Transfers from Marrakech Airport are provided.**

Your holiday starts at the hotel in Marrakech. On arrival at Marrakech Airport you'll be met by a KE representative who will assist with the short transfer to the group hotel. Depending on your arrival time and after settling in you may like to explore Marrakech which is fantastic place and great for wandering through. Most people head for the central square of Djemaa-el-Fna beneath the stunning minaret of Koutoubia Mosque. Here you can enjoy a bird's eye view with a refreshing mint tea at one of the cafes overlooking the square. If you would prefer to arrive a day or two earlier, please contact the KE office who can book you extra nights at the group hotel or we can offer you a choice of riad overnights if you would like a traditional Moroccan experience. In the evening there will be a briefing from the leader over dinner, which is generally taken in the hotel for ease and late arrival of a number of flights.

Meals: **D**



**Accommodation**  
Hotel

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## DAY 2

**Transfer to Oukaïmeden and trek through dramatic scenery to Foussarou.**

After breakfast we leave the colour of Marrakech and head towards the mountains. Soon after leaving the city we see the mighty peaks of the High Atlas as we climb into the foothills. Approximately 80km from Marrakech we arrive at Oukaïmeden. This small mountain village transforms into Morocco's most popular ski resort from January to March, but during the summer season it will be unusual to see anyone else. At 2600m the resort itself includes a couple of ski lifts, seven ski runs, a few hotels, ski rental and the highest ski lift in Africa at 3243m! Here we'll enjoy lunch and the surrounding views before setting off on a trail which ascends steadily to the top of our first pass - the Tiz N'Aadi (2980m). As we reach the pass we're rewarded with excellent views as the scenery up here is truly spectacular. A brief descent brings us to our first camp at Foussarou (2400m) which looks across to the traditional Berber village of Tacheddirt nestled at the foothills of the mountains. This evening after settling into our tents, we'll enjoy dinner and if we're lucky can enjoy a spot of star gazing before our first night sleeping under canvas.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 540M		<b>Descent</b> 745M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 12KM
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### DAY 3

## Cross the spectacular Tizi-n-Likemt Pass and follow the Assif Tinzart stream.

This morning after our first camp breakfast we head off to enjoy a day walking through multi coloured hillsides surrounded by rocky peaks as the greenery of the valley lies below us. To ensure we acclimatise properly we take our time and ascend gradually on a path which zig-zags to the top of the Tizi-n-Likemt Pass (3550m). We'll gain height fairly quickly in a starkly beautiful landscape and as we reach the top there will be plenty of time for the all-important Atlas panorama photos. After enjoying the views we start our descent which takes us down to the grazing area of Azib Likemt (2550m). This high plateau is dotted with remote simple stone huts that provide shelter for livestock and nomads. We'll enjoy lunch near a stream which provides the perfect opportunity for dipping our feet into. In the afternoon we head north and follow the Assif Tinzart stream before finally following a trail which takes us through a narrow valley dotted with a series of pools. We finish the day as the valley opens out and tonight we camp on a high meadow beneath the dramatic pass of the Tizi-n-Ourai (3109m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1620M		<b>Descent</b> 1045M		<b>Time</b> 8 hrs trekking		<b>Distance</b> 21KM
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### DAY 4

## Superb first views of Mount Toubkal and hike through Berber villages to Lake Ifni.

Today we leave camp and start with a brief ascent of approximately 30mins to the top of the Tizi-n-Ourai Pass. It's from this dramatic summit that we'll see the green valley of the Assif Tizgui and we'll get our first views of the dramatic outline of Morocco's Highest Peak - Mount Toubkal. After stopping at the top to take in the views we begin our gradual descent which sees us pass small traditional villages and remote hamlets. We should arrive at the valley floor just in time for lunch. The afternoon sees us head through a lush and pleasant valley which is home to the Berber villages of Amsouart and Agaz Ran. This whole area is the home to the indigenous people of North Africa fondly known as the Berbers. In rural areas traditional Berber houses are made from mud bricks and as the sun is strong, the bricks are traditionally dried outside. This mixture of mud, sand and water is mixed with a binding material such as rice or straw and this combination gives the villages a timeless feel and look. It's hard to imagine the Romans calling this Moroccan tribe Berber meaning Barbarian, as with their large smiles and warm welcome, the Berbers are some of the most welcoming people in Africa. In the afternoon we hike along a series of zig-zags which head over the north side of Lake Ifni. Tonight we stay at the western end of the lake which is the largest lake in the central part of the High Atlas.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 840M		<b>Descent</b> 1550M		<b>Time</b> 8 hrs trekking		<b>Distance</b> 21KM
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## DAY 5

### Head to Toubkal Base-Camp via the spectacular Ouanoums Pass.

This morning we make our way above the lake and initially follow the upper valley of the Assif a Moursaine. Our ascent is gradual as we make our way towards one of the most spectacular pass crossings in the Atlas Mountains, the magnificent Tizi-n-Ouanoums (3650m). This dramatic crossing is nestled between the two highest peaks in Morocco - Toubkal and Ouanoukrim, and as expected the views are absolutely breath-taking. From the top of the pass we turn towards the north and drop into the upper part of the Ait Mizan Valley which is home to the Neltner Refuge, also known as Toubkal Basecamp. We will be aiming to camp outside the refuge, however occasionally we will need to stay in the refuge instead.

After settling in, there will be time to wander and explore before enjoying dinner. Fingers crossed we'll have a clear night and will be able to watch the sunset before tomorrow's adventure to the highest peak in Morocco.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1360M		<b>Descent</b> 510M		<b>Time</b> 7 hrs trekking		<b>Distance</b> 12KM
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## DAY 6

### Exciting day trekking to the summit of Mount Toubkal (4167m).

Today is the highlight of the week and although a long day is well worth it. We start early wearing head torches on a trail which ascends from above the hut. The trail snakes its way up as we criss-cross between boulders and arrive at two peaks. Once here we reach a high basin which is usually home to a few patches of old snow. Continuing up the views become more impressive and we finally reach a superb ridge-line which takes us directly to the famed metal tripod which marks the summit of Toubkal. Away to the north-east lies the Anti-Atlas, whilst the magnificent Sahara Desert sweeps to the south. Standing on the top we are surrounded by breath-taking views of the High Atlas and we'll have plenty of time for the all-important summit photos and most importantly, enjoying the sense of achievement on reaching the highest peak in North Africa. Our initial descent takes a couple of hours and we'll arrive back at the refuge in time for lunch. In the afternoon we walk through the Toubkal Valley and pass the hamlet of Sidi Chamharouch tucked under the mountainside. Here a stream emerges from a rocky gorge and a huge white boulder marks the spot where, legend has it, Saint Chamharouch lies entombed. The route is dotted with little stalls selling Berber tea, cold drinks and souvenirs. Towards the end of the day we arrive in our gite in Ait Souka and enjoy our final night in the mountains.

Meals: **B L D**





**Accommodation**  
Gite / Hostel



**Ascent**  
1135M



**Descent**  
2400M



**Time**  
10 - 12 hrs trekking



**Distance**  
20KM

## DAY 7

### Explore Marrakech on a walking tour or enjoy an afternoon at leisure.

This morning after a leisurely breakfast we start with a short walk down to Imlil where we meet our transport for the drive to Marrakech. The city is perfect for wandering or people watching from one of the cafes that overlook the main square. At dusk most people head for the central square of the Djemaa-el-Fna which becomes the focus of activities for local people and tourists. Here you'll find a wonderful selection of food stalls illuminated by lamps which are popular with local families who come out to enjoy the square's entertainment. In the evening we'll meet up to enjoy our final dinner in a local restaurant.

Meals: **B L D**



**Accommodation**  
Hotel

## DAY 8

### Departure day. Marrakech Airport transfers are provided.

Your holiday ends after breakfast. Depending on your flight time you may wish to enjoy a final stroll around Marrakech before your transfer to the airport. The city has a number of highlights including Jardin Majorelle which was owned by fashion designer Yves Saint Laurent from the 1960s to his death in 2008. Ville Nouvelle is a cobalt-blue exterior which is surrounded by a delightful garden full of rare desert flora plus fuchsia bougainvillea and deep green palms. The result is an explosion of colour nestled in the city. The Bahia Palace is a wonderful palace set in gardens and well worth a visit. Built in the late 19th century, this beautiful building was reputed to be the greatest palace of its time. With a name meaning brilliance, the palace was built by craftsmen from Fez.

If you wish to extend your time in Marrakech then please don't hesitate to contact the KE office. We can assist you in booking extra nights in the group hotel or in a recommended riad. We can also organise a Moroccan extension in the coastal gem of Essaouira or the magnificent Sahara Desert.

Meals: **B**

# Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

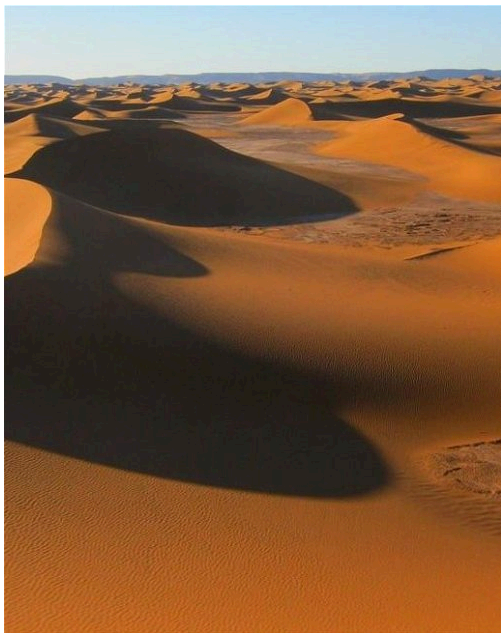


## Essaouira Riad and Atlantic Coast

Friendly Essaouira provides a beautiful base for this colourful Atlantic Coast extension which offers a fantastic start or end to our holidays in Morocco. Described as the prettiest town in the country, the UNESCO port and medina are a riot of colour and activity. To ensure a relaxing time in Essaouira we take care of private return transfers and riad accommodation for 3 nights at the comfortable Riad Maison du Sud, situated within the ramparts of the medina and just a few minutes walk from the sea. Redecorated in Moorish style, it has a snug sitting room and sunny roof terrace with views of the Mellah and the Atlantic Ocean. Essaouira has plenty of things to so and do so we leave your days free for you to enjoy at leisure. This extension starts and ends in Marrakech.

**4 days from**

**✕9,223,372,036,854,776,000** per person



## Into the Sahara Desert

For a real taste of the Sahara this adventure is hard to beat! After journeying across the Atlas Mountains we arrive in the oasis town of Agdz for a night in a traditional Moroccan house. Next we head to our comfortable fixed Berber camp at Erg Chegaga and take in a spectacular desert sunset before settling down under star-filled Saharan skies! In the morning we'll watch sunrise over the dunes before exploring this magical landscapes by 4WD. After a night in Ouarzazate, we make our way back to Marrakech via the magnificent UNESCO Kasbah of Ait Ben Haddou. (Please note this extension includes a local driver but not a KE leader. This gives you more freedom to explore at leisure pre/post KE group trip).

4 days from

✕9,223,372,036,854,776,000 per person

# Holiday Information

## What's Included

- A professional and qualified tour leader
- Marrakech Airport transfers (on first and last day of itinerary)
- All land transport involved in the itinerary
- All accommodation as described
- All meals
- A full service on trek including food and all equipment (excluding personal equipment)

## What's not Included

- Travel insurance
- Visa fees (if applicable)
- Tips for local staff
- Miscellaneous expenses - drinks and souvenirs etc.



## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the hotel in Marrakech.

Airport transfers are provided for all clients on Day 1 and Day 8.

Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All meals are included in the holiday price from dinner on day 1 to breakfast on day 8.

### Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

All food whilst on trek is purchased locally and cooked for us by our excellent trek cooks. KE groups are always surprised at what the cook team conjure up! Breakfasts are continental style, with tea and coffee, muesli, bread, jam, honey and soft cheese.

A morning snack is also provided and this usually consists of a type of Moroccan 'trail mix' with dried figs and dates, peanuts, sugar coated peanuts and other nuts.

Lunch usually starts with the Berber speciality of mint tea, followed by a buffet of rice, pasta or couscous, with a freshly prepared salad - onion, tomatoes, green peppers, grated carrot, green-beans, with tinned sweetcorn or peas added. Hard and soft cheeses, tinned fish, olives, biscuits and bread are also on the lunchtime menu.

Dinner starts off with soup and bread. The main course is usually rice, pasta, couscous, spaghetti or chips, with a vegetable stew (or tagine) consisting of some of the following - onion, potato, carrot, green pepper, zucchini, turnip, parsnip, green beans, and peas. There will be some meat (usually chicken, lamb or beef), however meat is not prominent in the menu. All dishes come with traditional sauces which are rarely (spicy) hot. To round off dinner, there is the usual range of hot drinks.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

During this trip the group will spend 2 nights at a tourist hotel in Marrakech on an en-suite basis. While there are a range of high-end hotels in Marrakech, we try to strike the right balance of a comfortable and conveniently located base while maintaining a good value holiday.

Whilst trekking we have 4 nights camping. This camping is fully supported with all baggage being carried by mules, as well as tents, a mess tent and a toilet tent. You will have a team of staff to look after you including a cook. A mattress is provided, although some people like to bring their own thermarest as well. You will need a sleeping bag. Sleeping bags are available to hire, please contact the KE office to arrange this.

The night before the ascent of Mt Toubkal, if you stay in the Mouflons Refuge or the Neltner CAF Refuge - both the refuges have simple bathrooms and mixed dormitories. The last night in the mountains you will overnight at an excellent simple gite in Ait Souka, which has small dormitory rooms (mattresses on the floor), usually shared by 4 people.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single hotel rooms and/or single tents are available for a supplementary cost. Single rooms are not possible at the refuge and the gite (2 nights total). If you are planning on extending your holiday additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. The group will also have the support of a full trek crew including cook, baggage animals and their handlers.

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

## Spending Money

Approximately £100 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these.

You cannot usually purchase Moroccan Dirhams outside the country. You can withdraw money in local currency from ATM's on arrival at the airport in arrivals or in Marrakech. Or you can take cash in pounds sterling, dollars or euros to exchange. Credit cards are useful and it is a good idea to carry one in case of emergency.

## Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and porters. They do not form part of their wages and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. This is your 'thank-you' to the crew and the final amount should be decided by the group. We estimate that approximately £45 per group member should provide an appropriate level of tips. However, for the leader, we leave the tipping amount totally at your own discretion.

## Additional Information

Please keep your passport in your day pack - occasionally there are check points when this will be needed.

## Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffle bag, and a daypack. Your main baggage whilst trekking will be carried by pack animals and the packed weight of it should be no more than 15kg. It is possible to leave clothes or other items not required on trek at the hotel in Marrakech. You may wish to take a foldaway bag for this purpose.

For international flights please check your baggage allowance with your airline.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### Visa Morocco

UK and USA passport holders do not require a visa for short stays.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

## Currency

The unit of currency in Morocco is the Moroccan Dirham.

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 4 to 8 hours for four consecutive days, and possibly for 10 hrs or more on the summit day.

Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

## Climate

During the main summer months temperatures in Marrakech can be very high, however in the mountains you can expect daytime temperatures above 2500m to be around 20 to 25°C. At night, the temperature, even at the Neltner Refuge, is unlikely to fall below freezing. The weather is usually good at the time of our departures. However it's good to remember that mountainous weather difficult to predict. Occasional rain or even short-lived storms are not uncommon, so best to be prepared for all.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Maps

### **Orientazion. 1:50,000 series, Toubkal Hiking Map & Marrakech Street Plan**

A good scale map centred roughly on Toubkal. This is currently the best map readily available for trekkers at a useful enough scale to follow the route on the ground.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.



# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

### You should bring the following items:

- Hiking boots
- Trainers or sandals for camp
- Socks & underwear
- Trekking trousers / shorts (please respect local culture and don't wear in villages and town)
- Lightweight waterproof over-trousers
- Thermal baselayers
- T-shirts / tops / shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sunhat / Warm hat
- Sunglasses
- Lightweight thermal or fleece gloves
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection (including lip sun screen)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Toilet roll
- Sleeping bag (comfort rated -5°C)\*
- Small padlock (to lock your kit bag)
- Antibacterial handwash
- Washbag and toiletries
- Small trek towel
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

### The following items are optional:

- Sleeping bag liner
- Thermarest (a foam mattresses is provided)
- Trekking poles (recommended)
- Camera
- Travel clothes (can be left in Marrakech in a foldaway bag)
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

## Equipment hire:

\*Available for hire/rental through KE Adventure Travel

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Marrakech and transfers are provided from Marrakech Airport.

# Why Choose KE

## Why KE

At KE we have years of experience in trekking holidays, especially in Morocco. We know what we are doing. This Toubkal holiday is unique as you'll complete a wonderful circuit, and not the regular there and back route taken by many others. With all meals included you've no hidden extras, plus a maximum group size of 12 and our excellent leaders means you're in the best possible hands.

**Please Note** This document was downloaded on 19/05/2024 and the trip is subject to change