4000m Peaks of Morocco

Trip Code: MFF

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Stand on the summit of Mount Toubkal after visiting remote mountain villages
- A wonderful trekking and cultural experience through the land of the Berbers
- Summit lesser known peaks on a stunning journey through the High Atlas
- Stroll through exotic soaks and soak up the magical atmosphere of Marrakech

AT A GLANCE

- 12 days trekking
- Max altitude 4167 metres
- AIRPORT TRANSFERS INCLUDED
- Join at Marrakech

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This wonderful two week holiday takes you on a fantastic trekking journey through the High Atlas Mountains of Morocco all the way to the summit of North Africa's highest peak Mount Toubkal (4167m). Alongside Toubkal, KE have added the incredible summits of Ouanoukrim (4089m) and Adrar n Derm (4001m), for the ultimate Moroccan 4000m high. Home of Berber villages nestled between picturesque valleys, this adventure holiday is also a wonderful cultural journey through breath-taking landscapes and over high passes. From the charming valley of Zat Valley, we make our way towards the foothills of Toubkal on footpaths hidden in dramatic gorges. Our first 4000m peak is Adrar n Dern, a remote mountain which rewards us with incredible views of our next High Atlas giants, Ouanoukrim and Toubkal. The holiday ends in the bustling city of Marrakech which provides the perfect contrast to the solitude of Morocco's High Atlas. This holiday opens your eyes to a wilder side of the High Atlas Mountains and includes time to explore Marrakech as a grand finale.

Unsure of which Toubkal holiday is for you? Check out our Toubkal guide here

A GENUINE SMALL GROUP EXPERIENCE - THE SECRET OF OUR SUCCESS

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 and these 4000m peaks are 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 days and during this trek

Is this holiday for you?

This trekking holiday covers a variety of terrain from well-established trails between valleys and villages to zig-zag trails on scree for the ascents of the peaks and whilst trekking up passes. Daily walking distances are not particular long but the trek does involve a fair amount of ascent and descent. Typically you'll be walking for approximately 6 hours each day with the occasional longer day. During the summer months, the High Atlas does experience strong sun which can have an effect on the daily trekking pace. The highest altitude for sleeping on this holiday is only a little over 3000 metres, however trekking above 3,000 metres will provide a challenge, and therefore you need to ensure you are prepared for the trek. You should be comfortable with walking for up 6 or 7 hours each day, and for several days continuously. To reach the summit of Ouanoukrim requires some straightforward scrambling, however the optional

ascents of the four peaks presents no technical difficulty and should be within the capabilities of fit and active walkers.

Itinerary

Version:

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 colouful 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 do so we leave your days free for you to enjoy at leisure. This extension starts and ends in Marrakech.

4 days from
US$505 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 staff
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

Travelling 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 that 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.

Meal Plan

All meals included in the holiday price from dinner on day 1 to breakfast on day 15.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

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.

Accommodation

During this trip we have 2 nights at a tourist hotel in Marrakech with rooms 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.

When in the mountains we have 2 nights in gites. Here the accommodation is in small dormitory rooms (mattresses on the floor), usually shared by 4-6 people.

We have 10 nights camping. This camping is fully supported with all baggage being carried by mules, as well as tents, mess tent and toliet tent. You will have a team of staff to look after you including a cook. A mattresses 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.

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 for the nights in Marrakech and camping. 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 (mules) 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 £150 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. You can choose to take your money in pounds sterling, dollars or euros, and you will be able to exchange it at the airport. 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 £60 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 12kg.

Luggage can sometimes be left at the group accommodation, however space is very limited and this can not be guaranteed. You will need to speak directly with reception about leaving a bag.

There are also options in Marrakech to store a bag (such as MC Consigne) - if you do this, important information to note:
- The group pick up time on Day 2 is 8:30am
- At the end of the trip, you will return back to Marrakech between 4pm and 6pm (as this will be very dependant on traffic)

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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Morocco

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

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

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 5 - 6 hours for consecutive days, and possibly for up to 8 hours on some days. 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 25ºC. 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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 directly 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.

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
- Sandals for river crossings
- 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 (Winter only)
- Sunglasses
- Lightweight thermal or fleece gloves
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection (including lip sun screen)
- Water bottles 1 Litre (x2), a camelbak or platypus is useful (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sleeping bag (comfort rated -5°C)*
- Small padlock (to lock your kit bag)
- A selection of dry bags (to keep kit bag contents dry)
- Antibacterial handwash
- Washbag and toiletries
- Toilet roll
- 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

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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

Kathryn described her 4000m Peak Moroccan experience as life changing. Why not stand on the summit of Toubkal alongside another three jaw-dropping High Atlas giants on this classic KE journey. Experience wonderfully wild landscapes as you trek off the beaten track to Ouanoukrim and Adrar n Derm. This fantastic trek ensures you're well acclimatised before conquering the highest peak.

Please Note This document was downloaded on 29/11/2026 and the trip is subject to change