

Across the High Atlas Trek

Trip Code: MAT

Version: MAT Across the High Atlas Trek



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Summit Morocco's three highest peaks - Toubkal (4167m), Ouanoukrim (4088m) and Mgoun (4068m)
- Immerse yourself in the culture and beautiful homeland of the Berbers
- Head off the beaten track as you take in North Africa's wildest scenery
- Stroll through the medina of Marrakech and taste its delicious street food

AT A GLANCE

- 18 days trekking
- Max altitude - 4167 metres
- Join at Marrakech

ACCOMMODATIONS & MEALS

- 20 Breakfasts
- 18 Lunches
- 18 Dinners
- 13 nights Camping
- 2 nights Hotel
- 5 nights Gite / Hostel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

There are very few trekking journeys left on this planet that ventures into areas where travellers are a rarity - however this holiday to Morocco is one of them. Rich in Berber history, jaw-dropping scenery and towering peaks, this incredible Moroccan holiday is described as one of the greatest mountain journeys in the world. From the stunningly beautiful and culturally rich Bougmez Valley, we head across the spectacular High Atlas Range all the way to the Toubkal Massif. Mountain trails lead us through captivating villages of the Berbers which lie nestled in uninhabited valleys.

We'll camp on mountain pastures used by nomadic shepherds and immerse ourselves in Berber culture as we make our way through rural hamlets. KE have not only included the three highest peaks in Morocco - Toubkal (4167m), Ouanoukrim (4088m) and Mgoun (4068m), but the added peak of Anghomar (3608m) takes you truly off the beaten track and through an area that's remained unchanged for centuries. This excellent holiday starts and finishes in Marrakech, home to stunning architecture, magical souks and a bustling ancient medina.

Is this holiday for you?

This is a proper trekking holiday. With 18 days continuous walking, and a number of long days (7 to 9 hours) especially on the ascent of the four highest peaks, you need to ensure you are physically prepared. There is a considerable amount of ascent and descent on each trekking day, and on the ascent of peaks and high passes we encounter trails on scree, rocky ridges and some basic scrambling. Between the valleys and villages we follow well-established mule tracks.

Our main summits take us to just over the 4000m altitude mark, with Toubkal (4167m) being the highest, then Ouanoukrim (4088m) and Mgoun (4068m). We also have the added peak of Anghomar (3608m). Our highest camping nights will be around 3000m. Acclimatisation is not usually a problem on this trip.

Summer months in the High Atlas can be hot and this can have an effect on your trekking performance.

This is our longest and most challenging trek that we have in Morocco, and probably the best in regards to scenery and remote mountain trails. You need to be a fit and experienced walker to be able to complete and enjoy this holiday.

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'll assist with the short transfer to the group hotel. Depending on your arrival time and after checking in, you may wish to head out and explore. Marrakech is a great city and easy to get around. Most people head for the central square of the Djemaa-el-Fna beneath the beautiful tower of the Koutoubia Mosque. After dusk the main square of Djemaa-el-Fna comes to life as it fills with food stalls which are popular with both locals and tourists. 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.

*Food for thought: Moroccan meals begin with at least seven fresh or cooked salads and bread. The salads include green peppers, tomatoes, carrot or courgette purée, and a dish of local olives alongside zaalouk. This is a wonderful smoky aubergine dip, seasoned with garlic, paprika, cumin and a little chilli powder - delicious when scooped up with fresh bread.



Accommodation
Hotel

DAY 2

Transfer to our gite nestled in the beautiful Bougmez Valley.

After breakfast we leave Marrakech and make our way eastwards with the summits of the High Atlas Mountains clearly visible. Our journey takes most of the day but is a great way to relax and watch local life go by. At the small town of Azilal we'll stop for lunch in one of the small local restaurants. After lunch we head south and ascend on a small tarmac road which takes us to the Bougmez Valley. Anyone looking for a destination that is unspoilt nature at its very best, the Bougmez doesn't disappoint. Here you'll find lush orchards and green valleys with views of snow-capped mountains. Small towns and villages house mud brick houses which are scattered throughout the valley and add to its relaxing atmosphere. Called the Happy Valley, here you'll be greeted by welcoming smiles and tonight we stay in a gite in Iskataffen (1800m).

Meals: **B L D**

 **Accommodation**
Gite / Hostel

DAY 3

Trek through pretty villages and walnut orchards in an unspoilt corner of Morocco.

The Bougmez Valley was traditionally cut off from the rest of Morocco and even today it does feel very Shangri La. Here pretty villages with mud brick houses are surrounded by pockets of agriculture and small farms all tended by the smiling Berbers. Accompanied by a full trek team we'll set off through the valley before the trail turns south and makes its way towards the gorge of the Arous River. As we reach the village of Ayt Sayd, we'll be surrounded by walnut trees and here we'll be treated to spectacular views of our first peak, Mount Mgoun (4069m). As we reach the final hamlet in the valley, we make our way through the Arous Gorge before arriving at the first camp. This lovely place is just beyond the seasonal grazing area of Azib Ikkis (2350m). Today may seem a long first day on the trail but the route takes us through stunning scenery, and after a transfer day yesterday, it's the perfect way to get out and enjoy our first full day of trekking.

Meals: **B L D**

 Accommodation Camping	 Ascent 750M	 Descent 250M	 Time 8 hrs trekking	 Distance 19KM
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DAY 4

On the trail to the Tarkeddit Refuge via the Tizi n-Oumskiyk Pass.

Today's walk takes us via the pass of Tizi n-Oumskiyk (2909m) onto the summer grazing pastures of the Tarkeddit Plateau. We then cross the Tizi n-Tarkeddit (3250m) to reach the headwaters of the Tessaout River, where there is more extensive pasture and a number of stone enclosures. We set up camp near the Tarkeddit Refuge, below the summit ridge of Jebel Mgoun.

Meals: **B L D**

 Accommodation Camping	 Ascent 920M	 Descent 450M	 Time 5 hrs trekking	 Distance 8KM
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DAY 5

Superb day summiting Mgoun (4071m) via the spectacular Mgoun Ridge.

Today is a highlight of the holiday as we prepare for the ascent of Jebel Mgoun. Starting early in the morning we may our way up towards one of the most spectacular ridges in the country. Mgoun has two peaks so anyone who doesn't wish to do the final ridge walk can wait at the first summit for the group to return. Mgoun is a majestic mountain and the views from the top are truly breath-taking. The panorama in front of us reaches as far at the Sahara Desert. After taking in one of the most beautiful views in the country we make our way back down to camp. After our arrival the rest of the afternoon will be free to rest and relax. As we leave and return to the same camp, today is an optional peak and anyone who doesn't wish to head to the summit of Mgoun is free to relax at camp for the day until the group return.

Meals: **B L D**

	Accommodation Camping		Ascent 1500M		Descent 1500M		Time 8 hrs trekking		Distance 20KM
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DAY 6

Trek through amazing rock formations to our camp at Tasgarnalte.

Walking to the western end of the plateau, we climb up through amazing rock formations to the Tizi N'Asdrem at around 3200m. Beyond, is a steep descent, passing more incredible rock scenery of varying shapes and colours, as we drop down into the Tessaout Valley, and to camp in the shade of the walnut trees on the outskirts of Tasgarnalte Village (2325m).

Meals: **B L D**

	Accommodation Camping		Ascent 400M		Descent 1000M		Time 7 hrs trekking		Distance 17KM
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DAY 7

An easier day to Ait Ali Nitto via traditional villages and nomadic settlements.

An easier day today, as we walk beside the river passing several villages including the small nomadic settlement of Azib n'Ikkis and Ichbbakane. Continuing our gradual descent, we traverse though a gorge with the trail often criss-crossing the river to reach the village of Ait Ali Nitto (1800m), where we stop for the night in a gite.

Meals: **B L D**

	Accommodation Gite / Hostel		Ascent 500M		Descent 500M		Time 8 hrs trekking		Distance 20KM
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DAY 8**Trek along trails passing shepherd huts and pretty hamlets to Azib Taoudja.**

Beyond Ait Ali Nitto, we leave the Tessaout Valley to turn south up a side valley, following a well-marked path to the impressively located village of Megdaz (2000m). We make a steep climb out of the valley opposite Megdaz, before contouring around and climbing to the Tizi Awrghiz (2450m). It is then downhill, passing some shepherds' huts and a small hamlet to reach Tagoukht (2020m). We set up camp close to Azib Taoudja.

Meals: **B L D**

	Accommodation Camping		Ascent 1150M		Descent 650M		Time 8 hrs trekking		Distance 19KM
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DAY 9**Head up the Tizi n'Fredoute (2800m) before descending to Lake Tamda.**

We climb to cross Tizi n'Fredoute (2800m) below Jebel Anghomar (3608m) and contour through grazing areas and foothills to reach the rocky notch of Tizi n-Tghaghayt (2838m). We drop down to the unusual Lake Tamda which is impressively situated in a rocky bowl between Anghomar to the north and Adrar Zarzemt (3113m) to the south. This is one of the only permanent expanses of fresh water in the Atlas and is home to a colony of ruddy shelduck. We set up camp in this superb location.

Meals: **B L D**

	Accommodation Camping		Ascent 800M		Descent 450M		Time 4 - 6 hrs trekking		Distance 14KM
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DAY 10**To the summit of Jebel Anghomar for a superb panorama across to Toubkal.**

For those who wish there is the opportunity to make an ascent of Anghomar (3608m). The rewards of making this challenging climb are superb views over the Atlas to Toubkal and across the vast steppes of Ouarzazate. Those wanting an easier day can wait for the group at the lake or accompany the mules to Tighza. From the lake the descent continues, following the Ounila Stream to a confluence with the Tichkiwiyn Stream at the huts of Azib Anfergal. We drop down to the first village in this valley, Tighza (1980m), where we stay and enjoy the facilities of its beautiful gite.

Meals: **B L D**

	Accommodation Gite / Hostel		Ascent 1000M		Descent 1700M		Time 9 - 10 hrs trekking		Distance 20KM
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DAY 11**A day trekking through walnut and almond groves to the kasbah at Telouat.**

We start by walking through irrigated greenery and groves of walnut and almond to just after the village of Ighris, where we leave the piste to climb up onto a small plateau overlooking the Telouat Valley. Dropping down to the valley, we meander along a dry riverbed to reach the main village of Telouat (1900m) with its adjacent Kasbah of the El Glaoui family. Its crumbling exterior hides architectural wonders from a bygone era. The Kasbah is well worth a visit. We camp not far from the Kasbah.

Meals: **B L D**

	Accommodation Camping		Ascent 450M		Descent 500M		Time 9 hrs trekking		Distance 19KM
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DAY 12**On the trail to the Afra plateau via the Mahboub Pass.**

Today, we cross a small pass Mahboub (2400m), and trek down to the Tizzi n Tichka, where we cross the road that connects Ouarzazate with Marrakech (one of only two roads that pass over the Atlas range). We then join the Afra plateau and camp on the plateau.

Meals: **B L D**

	Accommodation Camping		Ascent 1000M		Descent 1000M		Time 8 hrs trekking		Distance 19KM
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DAY 13**Trek onto the Yagour Plateau to see the return of Berber shepherds and their sheep.**

Our route today takes us up onto the Yagour Plateau. We start the day trekking through small villages and the gorges of the Afra valley, then through sparse forest of evergreen oak, with good views up-valley of Bou Oughiwl and Aghoujdid. Higher, we reach several shepherds huts and a small lake. This area is well-known for petroglyphs (rock carvings) and we will be able to see some of the best examples. We camp at Agdal n'Irkane (2300m) on this wonderful high pasture which has been used for centuries as summer grazing for the Berber livestock. In the evening we can watch the flocks of sheep arriving as they are driven home.

Meals: **B L D**

	Accommodation Camping		Ascent 1000M		Descent 750M		Time 9 hrs trekking		Distance 25KM
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DAY 14

To the mouth of the Agadir n'Aït Boulmane Gorge Trek via bustling town of Setti Fadma.

This morning we have a front row seat to watch the daily dispersal of the flock to their grazing. Walking across well-used pastures with cows and goats, we make a short rising traverse up to a ridge, which provides us with more great views. To the south there are the majestic peaks of the High Atlas, whilst to north, over the ridges, we can see as far as the plains. Briefly, we walk this ridge, before dropping off its north side for a steep zigzag descent through a couple of villages to the Ourika Valley, which we now follow upstream as far as our lunch stop at Setti Fadma, a busy pilgrimage / holiday centre for Moroccans escaping the summer heat of Marrakech. After lunch we continue upstream through the shady Ourika Valley to our campsite at the mouth of the gorge of Agadir n'Aït Boulmane (1400m).

Meals: **B L D**

	Accommodation Camping		Ascent 900M		Descent 1300M		Time 8 hrs trekking		Distance 22KM
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DAY 15

A superb day trekking on a spectacular balcony path to laabassen.

We climb out of this Ourika gorge on a spectacular balcony path with views down into the gorge. We pass through three Berber villages, namely Tadrart, Anfi, and Tiourdiou, before reaching our lunch spot in the shade of the walnut trees at Timicha. After lunch we ascend to reach our campsite at the village of laabassen (2300m).

Meals: **B L D**

	Accommodation Camping		Ascent 1250M		Descent 700M		Time 7 hrs trekking		Distance 19KM
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DAY 16

Head across to Ait Souka via the spectacular Tizi n-Tacheddirt Pass.

Today starts with a long climb to reach the top of the Tizi n' Tacheddirt (3172m) before we drop down to a path just above the valley of Iminin. After walking through the villages of Ouaneskra, Tamguist and Timghrin we climb to the top of the Tizi n' Tamatert (2200m). From the summit we are surrounded by spectacular views over the valleys of valleys of Iminin and Ait Mizan. Finally we descend to our welcoming gîte in Ait Souka where for a small fee we can use the relaxing hammam before dinner.

Meals: **B L D**





	Accommodation Gite / Hostel		Ascent 1150M		Descent 1600M		Time 8 - 9 hrs trekking		Distance 20KM
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DAY 17

Follow mountain paths from Ait Souka to the foothills of Mount Toubkal.

After breakfast we depart Ait Souka and start making our way up the Toubkal Valley. We head through the small village and pass the shrine of Sidi Chamarouch. As we climb higher the area becomes more dramatic and stark as we are surrounded by the valley's high walls. We should see young shepherds looking after their mountain goats and sheep before we reach the mountain refuge at 3100m in meadows at the foot of Mount Toubkal. Here we camp outside the refuge.

Meals: **B L D**

	Accommodation Camping		Ascent 1400M		Descent 125M		Time 5 - 6 hrs trekking		Distance 12KM
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DAY 18

Ascent of Toubkal (4167m) - the highest peak in North Africa.

Today is the day we climb the highest peak in North Africa - Toubkal. After an early breakfast we leave on our ascent. The route is non-technical but rocky underfoot, and we climb we'll be rewarded with panoramic views. The final ridge walk is wide with occasional boulders to clamber over. As we get closer to the summit we should see as far as Lake Ifni. Finally we reach the famed metal tripod on the summit where the Atlas Mountains, the Marrakech plain and the Sahara lie below us. Weather dependent we'll descend a different way back to our camp for a second night, where our team will be waiting for us.

Meals: **B L D**

	Accommodation Camping		Ascent 1050M		Descent 1050M		Time 6 hrs trekking		Distance 8KM
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DAY 19

Summit Ouanoukrim (4088 m) before descending to Ait Souka.

This morning we start walking head down the valley of Assif n'Aït Mizane. This valley appears softer and greener are the dramatic landscape we have been surrounded by over the past few days. After entering the valley we join a path which takes us onto a ridge and as we reach 3850m there will be short sections where we need to use our hands for a little bit of scrambling. On reaching the summit of Ouanoukrim

(4088m) we have an excellent view of Toubkal opposite and the spot where we stood the previous day. Our descent takes us down to the shrine of Sidi Chamarouch before we reach our Gite for the night in Ait Souka.

Meals: **B L D**

	Accommodation Gite / Hostel		Ascent 950M		Descent 2000M		Time 8 hrs trekking		Distance 19KM
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DAY 20

Walk out of the mountains before the short drive to Marrakech.

The morning starts with an easy walk out of the mountains and down to the charming village of Ait Souka (1700m). Once here we pick up our vehicle and transfer back to Marrakech. We generally arrive back in the city late morning which leaves the rest of the day free for you to either relax or explore. After checking-in at the group hotel and freshening up, the rest of the afternoon will be at leisure. Why not relax and look back on your superb trekking journey by taking a seat at one of the cafes that look over the main square and enjoy a refreshing drink. Tonight is free for everyone to decide if they wish to meet up for dinner or to enjoy a free evening.

*Food for thought: Morocco is the home of the tajine, a glazed pot which slowly cooks a thick stew which is traditionally made with meat, poultry or fish together with colourful vegetables and fruit. Spices and nuts are also used and cooked with ginger, cumin, turmeric, cinnamon and saffron. Paprika and chili are used in vegetable tajines but the food is not supposed to be spicy but more warming. A popular street food in Morocco and especially on the main square at night is snails. These are served in a stew in small bowls and eaten using a wooden toothpick.

Meals: **B**

	Accommodation Hotel		Ascent 50M		Descent 1470M		Time 4 hrs trekking		Distance 12KM
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DAY 21

Departure day. Marrakech Airport transfers are provided.

Your holiday ends after breakfast.

If you wish to explore more of Marrakech or Morocco then please don't hesitate to contact the KE office. We can help you by booking extra nights in the group hotel or in a recommended riad for a traditional Moroccan experience. We can also organise a Moroccan extension to 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.

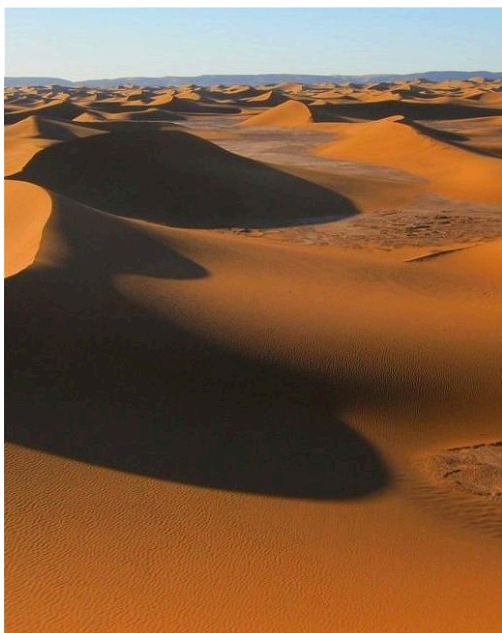


Essaouira Riad and Atlantic Coast

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 Day 1 & 22 only)
- All land transport involved in the itinerary
- All accommodation as described
- Meals as per the Meal Plan
- A full service on trek including all equipment (except personal equipment)
- Pack animals for baggage on trek

What's not Included

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

Joining Arrangements & Transfers

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 21.

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

Meal Plan

All meals which are included in the holiday price are 20 breakfasts, 18 lunches and 18 dinners. In Marrakech it is B&B.

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 we have 2 nights at a simple 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 4 nights in village gites. Here the accommodation is in small dormitory rooms (mattresses on the floor), usually shared by 4-6 people. At the end of the trek, we have one night in a gite in Ait Souka.

We have 13 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 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. Singles are not possible at the refuges and the gites, 6 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 leader will speak English and French. 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 £200 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 £90 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 and sturdy duffel 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

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 3 to 8 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Climate

In Morocco in the summer months we can expect temperatures in Marrakech to reach the high thirties Celsius, dropping to around 25°C in the evenings. Once we are on trek and we start to gain height, we can expect the temperatures to be rather lower, with daytime temperatures being around 20 to 25°C. At night, the temperatures at our highest stops can fall below freezing, particularly on earlier and later departures. The weather is usually good at the time of all 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](https://www.travelaware.gov.uk)' 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 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 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

Please note it is not possible to get a trekking map which covers the whole route due to the remoteness of some areas. Below are examples that cover the main two areas of Toubkal and Mgoun.

Mgoun Massif, Central High Atlas Mountains 1:100,000. West Col Productions

Ighil Mgoun Escala 1:60.000 Editorial Piolet

Toubkal 1:40.000 Editorial Piolet

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
- Sleeping bag (comfort rated -5°C)*
- Small padlock (to lock your kit bag)
- 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

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

Described as One of the Most Spectacular Mountain Walks in the World. Traversing Morocco's High Atlas Mountains is a unique experience and we believe offering this epic trekking journey is what makes us stand out from the rest.

Please Note This document was downloaded on 17/05/2024 and the trip is subject to change