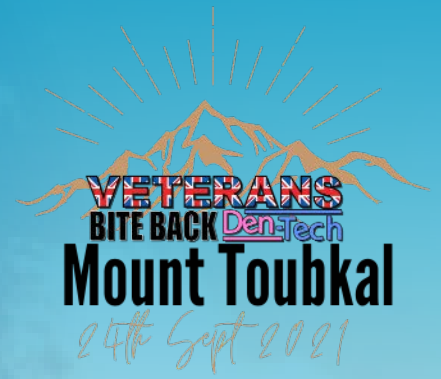


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# TOUBKAL QUICK GUIDE



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# ABOUT THE TREK

**Difficulty:** Medium

**Duration:** 7 Days

If you've only ever seen pictures of Morocco's deserts and red-brick towns, you might be surprised to see the snow-capped peaks of the Atlas Mountains just 40 miles from Marrakech. Standing proudly amongst these mountains is Mt Toubkal - the highest peak in North Africa. At 4167 metres above sea level, Toubkal boasts superb views of the North African landscape, from the Atlas and anti-Atlas to the dunes of the Sahara Desert. Its dramatic summit is the central attraction of Toubkal National Park.

Most companies offer trips to trek Mount Toubkal over just 2 or 3 days. However, to help with acclimatisation and increase our summit chances, we offer a trek that is 4 days in length.

Although Toubkal is a healthy challenge for beginner mountain trekkers, our route follows well defined paths and consequently it is not as strenuous as you may think.

Along the way, you will gain an insight into the life and culture of the locals who are unbelievably friendly people when passing through remote Berber villages and terraced fields. Finally, we climb to the summit of Toubkal, with phenomenal views over mountains and plains.

The trip is rounded off with free time in the vibrant city of Marrakech where you can explore the souks and pick up your last minute souvenirs!

## ABOUT MOROCCO

When people think of Morocco, they often think about bustling markets and mosaic-covered architecture. However, nature is never far away.

From desert to mountains, valleys and an impressive coastline, stunning landscapes can be found around every corner! There is plenty to offer outdoors enthusiasts, and hikers of all levels will love trekking in the Atlas mountains.

Marrakech is a dynamic city, home to grand palaces, ornate mosques and peaceful gardens. It is known as the 'Red City' because of its iconic clay buildings, but it is also a bustling merchant's hub, with endless souks full of surprises and bargain souvenirs, run by friendly shopkeepers.







# WHAT'S INCLUDED?

We know that, when you book a special bucket list trip like climbing Mount Toubkal, you want to know how much the trip is going to cost you, without hidden, last minute costs.

Luckily, our trips are inclusive, and our pricing is transparent. Here's what's included in the trip.

- ⚡ All accommodation
- ⚡ Flights
- ⚡ Our own UK leader who will accompany your group on the whole trip
- ⚡ Meals on trek/experience
- ⚡ Any permits
- ⚡ Entry fees to any regions and sites visited as part of the itinerary
- ⚡ Group equipment
- ⚡ Safety equipment
- ⚡ Our own expedition manager
- ⚡ 24 UK operations and emergency cover whilst you are in the country

## What's not included:

- ✗ Travel insurance
- ✗ Lunch & evening meals in Marrakech
- ✗ Tips for local crew
- ✗ Personal spending money



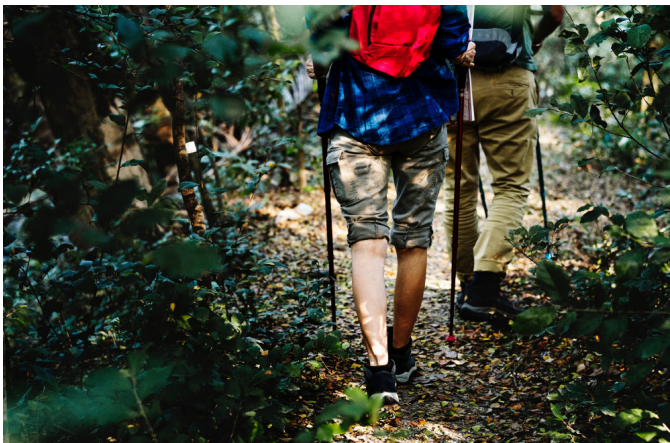


# ITINERARY

## 1 DAY 1: Exploring Marrakech and the souks

On the first day, we will depart from the UK and arrive in Marrakech, Morocco. You will be transferred to your riad and then spend the evening exploring Marrakech.

Go shopping in the souks, visit the buzzing Jemaa el-Fnaa square or try a tasty tagine ready for a big few days ahead. There are also plenty of fascinating sites such as the intricately-tiled Ben Youssef Madrasa - a 14th century Islamic school with incredible architecture.



## 2 DAY 2: Trek from Imi Oughlad to Tizi Oussemm

Today we will transfer from Marrakech to Imi Oughlad (1350m). We will then begin the trek to Tizi n'Tacht Pass (2100m). Continuing on, the trail takes us along mule tracks, passing picturesque cornfields, pine and juniper woods to finally reach and Tizi Oussemm (1800m), where we will sleep overnight at a Berber house. This is a fantastic chance to learn about the unique Berber culture and experience their famous hospitality first-hand.

## 3 DAY 3: Trek from Tizi Oussemm to Imlil

We rise early in the morning to trek from Tizi Oussemm (1800m) to Tizi Mzik Pass (2489m) and then Imlil (1740m). The colours of the mountainsides change beautifully as you ascend. When we reach Imlil, you will have a little time to explore this authentic Berber village and its carpet shops, before enjoying dinner and sleeping at a guesthouse.



#### 4 DAY 4: Trek from Imlil to Refuge Toubkal:

Today you will trek from Imlil (1740m) to Refuge Toubkal (3206m). This scenic walk climbs steadily upwards along the sides of a canyon, passing informal mountainside cafes and shops. Take a rest for a fresh orange juice and chat to the locals, before reaching the refuge, where you can enjoy a hearty meal before getting an early night.



#### 5 DAY 5: Summit Mount Toubkal

Between 4am and 5am it's time to get going on our Mount Toubkal summit attempt! We will climb from the refuge, by head torch light at first, as the sun gradually rises on the ascent. Pause every now and again to take in the view at one point you can even see all the way over the anti-Atlas and to the Sahara Desert! We finally reach the summit of Mount Toubkal (4167m) and then head back via the Refuge to Imlil.

#### 6 DAY 6: Transfer to Marrakech:

After breakfast we will be picked up from the guest house and driven back to the Riad in Marrakech. Enjoy the scenic ride through the desert-like mountain tracks to Marrakech before reaching your riad. After all that hiking, you will be happy to find that the riad's spa and swimming pool are waiting to ease your muscles! Enjoy an evening of relaxing, eating delicious Moroccan food and drinking mint tea as you exchange your favourite memories from the trek.





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**DAY 4:** Exploring Marrakech

This is your well earned free day to explore all that Marrakech has to offer. Perhaps you would like to revisit the souks to explore all of the vibrant local handicrafts and pick up a few souvenirs. Head to the square to see performers entertaining the crowds, or head to the impressive Koutoubia Mosque to learn more about Morocco's religious history. Many will choose to visit the Jardin Majorelle, a stunning site that was once the home of a famous painter, and is now full of luscious plants and cacti, all surrounding a vibrant blue and yellow house. The garden is a real oasis of calm in the busy city.



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**DAY 8:** Return to the UK

Today, we transfer to the airport to fly back to the UK. Don't be sad that the adventure is over, though - join the Bucketlisters community online to share your memories and wanderlust - you could be meeting again on another trip soon!





# WHY GO WITH THE BUCKETLISTCOMPANY?

## QUALITY AND VALUE

We believe that our trips are once in a lifetime experiences and we want you to be talking about them for the next 20 years! Our adventure travel tours have been developed with the best leaders, in-country team, equipment and extra excursions to make sure every customer has an unforgettable experience.

## EXPERTISE AND SUPPORT

Our team of trip leaders, in-country teams and office support staff live and breathe adventure travel. We are here to make sure you succeed in ticking off your bucket list goal, whether it's summiting Kilimanjaro or learning to scuba dive. From the moment you book until you return, we have the all experience necessary to help with every aspect of your trip.

## JUST BOOK AND GO... WE DO THE REST

When you book a trip with us, we take all of the hassle away from you. We will book everything for you, all you need to worry about is getting yourself to the airport and getting yourself home again (however if you want us to organise this too, we can). We have the expertise and experience to ensure every aspect of your trip is planned to perfection, giving you complete peace of mind.

## TRAVEL IN GOOD COMPANY

Our Bucket List travellers range from 18 years of age to 60+ years of age, but the special thing about our groups is that everyone gets on.

One thing is guaranteed when joining an adventure trip or expedition – you are going to make new friends to last. At The Bucket List Company, we are passionate about building the community around adventure travel - and you could be a part of it.

## FLEXIBILITY

We know that everyone has different plans, interests and requirements, so with our trips you can bolt on extras. Let the team know what you want to achieve out of your trip and let us plan your dream itinerary.

## SPREAD THE COST WITH MONTHLY PAYMENTS

Adventure travel is priceless - but we all know that paying for that bucket list trip can sometimes be daunting. That's why we offer monthly payments to allow you to spread the cost of your trip. You'll barely see the money leaving your account, and each month you'll know you're that bit closer to fulfilling your dream!

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# TRAVEL INFORMATION AND ADVICE

## FLIGHTS AND ACCOMMODATION

Your flights are included in the price of your Mount Toubkal trip. We travel to Morocco via group flights leaving from London Heathrow or Gatwick airports to reach Marrakesh Menara International Airport.

They are booked through Wexas Travel Ltd under ATOL licence 2873. This means your flight costs are protected. Our itineraries are always based on current flight schedules and may therefore be subject to change by the airline.

We always endeavour to find the best flights to match our itinerary and secure competitive group rates. During the trip, we will be staying in either hostels, tents and huts depending on the location.

## DOCUMENTATION

British nationals do not require a visa to visit Morocco. Your passport should be valid for the proposed duration of your stay in Morocco. No additional period of validity beyond this is required.

## FOOD AND DIETARY REQUIREMENTS

All meals are included from when we get to our camp and depart from the camp to head home.

If you are a vegetarian or have other dietary requirements let us know well in advance and we should be able to provide for your needs.

It is essential to bring a filtering water bottle or purification tablets. If you know there are several foods you can't eat, you may wish to bring extra snacks from home to supplement your energy.

## HEALTH AND VACCINATIONS

When you book the trek, we will send medical forms in your booking pack so you can let us know of any medical conditions or allergies you have. It is important to bring any medication you require, along with a first aid kit including diarrhoea tablets.

You should also see your GP around 8 weeks before your trip to check whether you need any vaccinations or other preventative measures.



# KIT LIST

A full list of what we recommend will be sent to you upon booking confirmation. We find most people already own the kit for a trekking trip. You can buy or hire these items. **Here are the basics:**

## BAGGAGE

- 🏔️ 0-110 litre duffle bag or backpack
- 🏔️ 30-35 litre (minimum) rucksack, with rain cover for personal items on trekking days
- 🏔️ Smaller waterproof bags to organise equipment into and keep spare clothing dry

## EQUIPMENT

- 🏔️ 3-4 season sleeping bag
- 🏔️ Strong heavy duty bin liners or waterproof bag liner to keep clothes and equipment dry
- 🏔️ Head torch and spare batteries
- 🏔️ 2-3 litre platypus/camelback water carrier and 2x 1 litre water bottles
- 🏔️ Sunglasses with 100% UV Protection that blocks the sun from both sides
- 🏔️ Thin sleeping bag liner (cotton or silk) for extra warmth
- 🏔️ Trekking poles

## PERSONAL ITEMS

- 🏔️ Camera with spare batteries and memory cards
- 🏔️ Snacks for up to 6 days trekking – can be bought locally in Moshi
- 🏔️ Carbohydrate gels/ energy tablets/ electrolyte replacement tablets
- 🏔️ First aid kit
- 🏔️ Personal hygiene and sanitary items

## CLOTHING AND SHOES

- 🏔️ Gortex or breathable waterproof jacket with hood
- 🏔️ Gortex or breathable waterproof over-trousers
- 🏔️ Heavy weight trekking trousers for summit night
- 🏔️ Lightweight trekking trousers and shorts for warmer days
- 🏔️ Down or synthetic puffa jacket
- 🏔️ 1x micro fleece tops for layering
- 🏔️ 2-3 trekking t-shirts
- 🏔️ Light to mid weight wicking or synthetic long/thermal underwear/base layers
- 🏔️ 1x warm pair of wind-stopper gloves
- 🏔️ 1x thick pair of gloves
- 🏔️ Warm fleecy hat/head band which covers ears or a balaclava
- 🏔️ A bandana or buff for warmth and sun protection
- 🏔️ Peaked cap with neck cover or wide brimmed hat for sun protection
- 🏔️ 3x pairs of thick walking socks and 3x pairs of thin liner socks
- 🏔️ 1x pairs of heavyweight mountaineering socks
- 🏔️ Gortex or leather hiking boots
- 🏔️ Trainers or light footwear
- 🏔️ Trekking gaiters



# WHEN TO VISIT MOUNT TOUBKAL

Morocco is a country that can encounter extreme temperatures, so choosing the right time of year to visit is important. The weather is at its best in spring (mid-March to May), when the country is lush and green, followed by autumn (September to November), when the heat of summer has eased. It can get particularly cold in the High Atlas mountains, where snow covers the peaks from November to July. For this reason, we run our Mount Toubkal trips either in May or around September-October.

## KNOW BEFORE YOU GO MOROCCAN CULTURE

The official languages in Morocco are Arabic and French, followed by English. If you speak French, you could converse fluently with most locals this way, but you will not struggle with English alone. Whilst Morocco has its own variations on Arabic, learning a few standard Arabic phrases should suffice to help you with basic conversation.

### Basic Arabic Phrases

- 🏴 Hello = As-salaam 'alaikum (respond to this with wa'alaikum)
- 🏴 Excuse me = Aläafw
- 🏴 Goodbye = Ma'a al-ssalāmah
- 🏴 Yes = Naäam
- 🏴 How are you = Kayfa haluk?
- 🏴 No = Laa
- 🏴 I'm fine, thank you = Anaa bikhayr, shukran
- 🏴 My name is = Ismii...
- 🏴 Thank you = Shukran
- 🏴 I do not understand = Anaa laa afham
- 🏴 Please = Min faDlik
- 🏴 Do you speak English? = Hal tatakalam all'ingleysi?
- 🏴 Let's go! = Yalla!

Morocco is a predominantly Muslim country, so please dress modestly where possible and respect the local culture and faith. Always ask before taking photos - especially in the main square, and be mindful that performers will usually ask for money in return for taking their picture. If you feel you have been looked after well by your porters, guides and cooks, it is always a nice gesture to share a tip. The expectations for the amount of this tip may vary depending on itinerary.



# EXPERIENCE REQUIRED

No specific experience is needed to participate in the Mount Toubkal trek. However, we strongly recommend that you practice and train well before the trip. Although it is not a technical climb, it does nevertheless require a reasonable amount of fitness and a strong will to succeed, as you are walking between 4 and 8 hours a day, up-hill to an altitude of 4167 metres.



Once you have booked on the trip, you will be given an advice pack containing information on how to train and ensure you are prepared physically to make the trek. The main activity that training should involve are long up hill walks with a daypack, to accustom your self to long-distance hiking. However, it is important to work on your cardiovascular fitness, whether it be by hiking, running or swimming. This will be of huge benefit trekking at altitude.



## ACCLIMATISATION

One of the major concerns for many people heading out to climb Mount Toubkal is the altitude. On this route, you will reach elevations of 4,167 metres, so acclimatisation is a consideration. It is vital to acclimatise properly in order to prevent altitude sickness, or Acute Mountain Sickness (AMS).

We take on a four-day trek through the foothills of the Atlas Mountains to Imlil, on to the refuge and finally the summit, giving us plenty of time to acclimatise. This reduces the effects of altitude and gives us the best chance of success. This and fitness will reduce the chances of AMS. Some people also choose to take Diamox tablets - although this should not be necessary for the Toubkal trek. You should research the options and contact your doctor if you are considering taking altitude medications.

# SAFETY AND SUPPORT

On any trip we run, your safety is our primary concern. We ensure that our trip uses the most highly qualified guides and best-rated equipment to keep you safe.

Your trip will be led by an experienced member of The Bucket List Company. Our UK-based leaders are selected and trained by us to make sure they have the correct skills and personality to give you the experience of a lifetime.



The leader will also be supported by an in-country team of guides and crew, who are also English speaking. All of our teams are also supported by our UK 24 hour support hub. The office is manned with a team that are on hand 24 hours a day to liaise with leaders, insurance companies and our on-call doctors. This is our essential contact point for every trip.

All of the guides we work with at The Bucket List Company are carefully chosen for their extensive international experience. They each have at least 10 years of experience running expeditions around the world. All have first aid qualifications of the highest standard, including at least one medic present on each trip.

We also carry an extensive first aid kit and satellite phones with us at all times in case of an emergency.

As with any trip, your cooperation is required to keep you safe. Our guides will help you in every way possible, with support, guidance and medical care. If they make a recommendation for your safety, it is very important that you follow it. After all, these are professionals with many years of experience in situations and environments just like this!





# ADVENTURE ADD-ONS

## HOT AIR BALLOON RIDE

Take your Morocco adventure trip to new heights by adding on a hot air ballooning experience to your week! For this one day bolt-on experience, we drive to a destination just outside of Marrakech where your hot air balloon ride will take place.

We will arrive at the balloon flight takeoff zone before sunrise, and help the professionals set up for the flight. Of course, if you prefer you can simply warm up by the fire pit with a cup of freshly-brewed Moroccan mint tea.

Get some amazing behind-the-scenes shots before take-off time! Then, you will board the basket and begin to float off into the air. Gaze down over the lush green plains and mountain foothills as the sun rises in beautiful colours over the horizon.

You will see Morocco from a completely unique angle, peering down on mud huts and endless valleys from above. This is a peaceful and impressive way to end a fabulous trip.

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# BUCKETLISTERS' STORIES

“Just did the Mt. Toubkal trip and I loved everything about it - the places we stayed, the food we had cooked for us... The guides, Mohammed and Omar, were lovely and helped us if need be. We had a great bunch of ladies who just kept each other going with plenty of laughter. Our lovely Bucket List guide, Gareth (Billy Boy), was brilliant - there was no trying to hurry us up, he just let us go at our own pace, but was there if we needed help or advice.”

**SAM BATCOCK**

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“It was one of the best experiences I have ever had, and the first time away from England trekking. Fantastic guides (Gareth and big Dave), and the guides in Morocco were truly outstanding and professional at all times. The food and accommodation was great... and I lost weight! I made some great friends and future walking friends.”

**MARK SNOWDEN**

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“This trip will challenge you mentally and physically but because you make new amazing friends and have such a laugh, along with seeing the vibrancy of Morocco, you soon forget about how much you are struggling with the ascent or how your lungs feel like giving up! The elation of achievement when you reach the top is phenomenal and worth every footstep!”

**LUCILLE SNOW**

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“You’ve booked your trip and the excitement begins, You’ve packed your kit and checked your timings. Your adventure starts here. You explore the towns. With snakes? Never fear, you’re in good hands. The trek can be tough, but it’s what you signed up for. You can’t get enough - there’s so much to explore! From the scorching hot sun, to the freezing deep snow in the High Atlas mountains, it’s all go, go, go! Thanks for looking after us on our amazing trip, We’ve got some fantastic memories and loved every bit!”

**JODIE MCDONALD**

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“I just got back from the Mt Toubkal Trek, and everything was beyond perfect. The food was stunning and we never went hungry, the team and guides were beyond supportive, professional and friendly and the amazing memories we all made will be cherished forever.”

**RICK ACKROYD**







# RESPONSIBLE TRAVEL



Responsible and sustainable travel is very important to us at The Bucket List Company. We try to ensure all of our trips are as sustainable as possible in a number of ways.

## This includes:

- 🏔️ Using local guides and paying fair prices.
- 🏔️ Promoting environmentally-friendly behaviours on the trek.
- 🏔️ Limiting waste in meals and other elements.
- 🏔️ Supporting local communities. Over the years we have helped refurbish schools and donated toys to children in various countries across Africa and Asia.



## Responsible travel tips:

- 🏔️ Don't litter! When trekking, we expect every Bucketlister to follow the 'take nothing but memories, leave nothing but footprints' motto!
- 🏔️ Pack sensibly – avoid taking unnecessary items that are hard to recycle.
- 🏔️ Take biodegradable shampoo, shower gel and soap. This will ensure you don't contaminate the water around you, which other people may use to drink out of!
- 🏔️ Wash at least 100 metres from natural water sources to avoid polluting.
- 🏔️ Use local transport and support local businesses whenever possible.
- 🏔️ Goodwill gestures such as giving presents and toys to underprivileged children is a great thing to do.
- 🏔️ Ask before you take photos! Imagine how you would feel if you were hanging out your washing and a bunch of tourists got up in your face taking photos with "oohs" and "aahs". You'd probably feel a bit uncomfortable! So, make sure you ask permission before taking any portraits of people. Often, this will lead to an interesting conversation and a genuine connection with local people.
- 🏔️ Offset your carbon emissions. You can offset at any time in the lead-up to departure by visiting the [Climate Care](https://www.climatecare.com) website.





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# FAQS AND FURTHER INFORMATION

## HOW MANY PLACES ARE ONE EACH TRIP?

We aim to take 16 people maximum on each trip. However, if we have a lot of interest in a certain adventure we may take two groups on the same adventure or put on an extra trip at another date in the year.

## CAN I BRING MY CHILDREN ON THE ADVENTURE WITH ME?

We don't recommend altitude trekking for minors. The majority of our treks either involve water, extreme temperatures and/or altitude, so for safety reasons we wouldn't say this is a good idea. Everyone needs to carry their own kit and equipment, therefore it is not practical to have to be supporting someone else as well as yourself on an expedition. However, we are happy to discuss individual cases in further detail – just give us a call!

## DO YOU HAVE TRIP GUARANTEES?

When we guarantee a trip and you book it, we promise that:

- 🏔️ The trip will run.
- 🏔️ It will leave on the date advertised (unless, it is beyond our control, for example, the airline changes something).
- 🏔️ You will not be surcharged.

## WHEN WILL MY DIRECT DEBIT BE TAKEN OUT OF MY ACCOUNT?

If you choose to pay monthly, your direct debit will be taken out of your account on the 1st of every month, unless you have specified and we have agreed with you a different date

Your direct debit needs to be set up 6 days before the end of the month to make sure it comes out on the 1st, otherwise it will roll over onto the following month. The direct debit is cost of the adventure split equally between the number of months left before you depart.

## WHAT INFORMATION WILL I RECEIVE WHEN I BOOK??

Once we have received your booking form you will be issued with your expedition dossier, this will give you the following information;

- 🏔️ Detailed Itinerary
- 🏔️ Kit List
- 🏔️ Training Guide
- 🏔️ Medical information
- 🏔️ Expedition Training Weekend information





**VETERANS**  
**BITE BACK Den-Tech**