



TREK MOROCCO

**Trek to the summit of Mt Toubkal
North Africa's highest peak!
Come and experience the exotic delights of
Morocco on this ultimate 5 day adventure!**

**GLOBAL
ADVENTURE
CHALLENGES**
www.globaladv.org

your challenge...

Trekking for three days, we will explore the High Atlas Mountains of Morocco, to summit it's highest peak – Mount Toubkal (4,167m) – just imagine..... all this adventure in just one weekend!

We will experience stunning scenery, breathtaking views and warm friendly people on this short trek in the Atlas Mountains. Life has changed very little for the Berber people in this region and we are lucky to see first hand their life-style and culture as we discover the real Morocco.

As we trek through stunning mountains and breathtaking valleys, we will surely be challenged as we approach the summit. The terrain is demanding and will test us, and will involve scrambling over boulders and negotiating scree. A good degree of fitness is required for this trek, however there is no technical climbing involved. The weather can be unpredictable, but upon reaching the summit of Toubkal, our hard work and rewards will be more than worthwhile!

To celebrate our achievements, we end our weekend adventure in the



bustling city of Marrakech. We can take some time to relax, enjoy the local cuisine, and even haggle over a bargain in the souks of Marrakech. We are sure that you'll come away with enormous satisfaction after completing this challenging trek to the summit of Mount Toubkal.

Challenge yourself and trek to the highest point in North Africa!

your itinerary...

Day 1 – UK to Marrakech

We depart the UK for our flight to Marrakech. Upon arrival, we will meet our local guides and transfer to our Hotel. Tonight there will be a briefing about the Challenge ahead.

Day 2 – Marrakech to Nelter Hut (3,210m)

Following our breakfast we head off to the start of our Challenge! We transfer (approx. 1 hour) to the Berber village of Imlil (1,740m) and it is here that the mules will be waiting to be loaded up with luggage and food for the trek.



For more information contact

We start the trek to Around (1,920m), which is about a 30 minute hike from Imlil, and the mules will soon catch us up. The mountainous terrain all around is termed the “Ardrar n’Deren” by the Berbers, which mean the “mountain of mountains”. From Around to Nelter Hut, the trek will be on a small pathway winding slowly uphill crossing a couple of rivers. Our trek heads towards the next village of Sidi Chamarouch (2,310m), where we will see it’s famous ‘white rock mosque’ in the distance. From here, we continue trekking up to Nelter Hut – our base for the next two nights, where we can enjoy the views of the surrounding valleys. After our evening meal, it’s recommended we get an early night ready for our summit attempt tomorrow.

Day 3 – Summit day! Mt Toubkal – 4,167m

After an early breakfast, we push on to our goal – the summit of Toubkal! This is a long, rugged trek; from the grassy green meadows around Nelter Hut we will negotiate sections of steep scree and boulders, as we hike higher into the soaring peaks with their isolated snow patches. Today is a tough day - all of our hard work will definitely be worth it though, knowing that we have reached the summit of North Africa’s highest peak. We take a moment to revel in our success and weather permitting, from the summit we can see the plains of Marrakech to the North, Glaoua country to the north east and the Siroua range of mountains to the south.

Following a well deserved rest, we start our descent back to Nelter Hut. The descent needs care with plenty of small loose rock around, but it’s not a technical descent.

We finish our triumphant day at Nelter Hut, where we can take in our accomplishment, and relax with a cup of tea.

Day 4 – Nelter Hut to Marrakech

After a hearty breakfast, we push on trekking downhill until we reach Around, where we will wave goodbye to our muleteers and take our transfer back to our Hotel in Marrakech.

This evening we will celebrate our achievements Moroccan Style at our special Celebratory Dinner. Medals will be awarded to all participants and dancing is more than welcome!

Day 5

We transfer to the airport for our return flight to the UK.

(Itinerary correct at time of printing. Whilst every effort is made to adhere to the published itinerary, it is always subject to change due to unusual weather patterns, wildlife movements, strength of the group and so on)



Get us today on 01244 676454



Frequently Asked Questions

Is this trip for me?

ABSOLUTELY!! This trek is suitable for people of all ages (minimum 17 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This trek has been designed to be challenging and is considered to be tough, but achievable by anyone as long as you train before hand. Remember, you are trekking for 3 consecutive days, in high altitude and in varied temperatures – the fitter you are the more you will enjoy this Challenge. Trekking training tips can be found on the Global Adventure Challenge website to point you in the right direction.

Where will we stay?

Whilst in Marrakech, we will stay in a Hotel, twin rooms with en-suite washing facilities. Whilst we are on the mountain, we will be either camping with all tents being supplied or staying in the basic Nelter Hut – where we stay will depend on the size of our group. Our campsites, if needed, will be set up by our porters ready for our arrival at the end of each days trekking.

Do I need specialist Kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots and a warm sleeping bag, and maybe some trekking poles, you do not need any specialist kit.

Do I have to carry my own luggage?

No. All participants will only have to carry a day pack (for items such as sun-screen, water, sun hat, camera etc) and your main piece of luggage will be transported by mules on trek. Whilst in Marrakech, it will be transported by vehicle. Remember, it is only a long weekend so travel light!

Food matters.....

All meals will be provided whilst on trek as well as breakfast whilst staying in Marrakech. You will need to budget for 2 evening meals whilst in Marrakech. We do endeavour to provide bottled water throughout the trekking part of the itinerary, but if the days are extremely hot, we will be using water purification tablets. We cater for all dietary requirements so long as we know in advance – just fill in the appropriate section on your Registration Form enclosed. Moroccan food is very varied and nutritious with plenty of vegetables.

What's included?

Return flights from London Airport to Marrakech, all transfers as stated in the itinerary, all accommodation, all meals on trek, mules and muleteers for trek, cooks and Berber Mountain Guides, Global Adventure Challenge Expedition Leader from the UK, Comprehensive First Aid Kit.

What's not included?

Personal UK Airport Tax (approx £65 per person – payable approx. 6 weeks before departure), Personal Travel Insurance – this must be obtained through Global Adventure Challenges, Fuel Surcharge (if applicable), Visa (if applicable), Alcoholic drinks and 2 evening meals in Marrakech.

Can I stay in Marrakech after the Challenge?

ABSOLUTELY!! However all extensions are strictly limited, subject to availability and are given on a first come first served basis. The final decision always rests with the airline. Those wanting to request an extension should contact Global Adventure Challenges on 01244 676454 as soon as possible after registration. There is a £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What sort of back-up is there?

There will be a strong support Team with a professional Global Adventure Challenge Expedition Leader from the UK, as well as local guides and Berbers. Full, comprehensive medical kits will be taken and Satellite Telephones will be used to ensure your safety and security at all times.

What happens if I get tired?

There will be regular rest stops where we can drink and eat some snacks – there is no problem if you need to take more rest stops. A guide will always remain at the back of the trekking group ensuring no-one is left alone – remember though, this is not a race! The main physical problem you may encounter is altitude sickness, which can occur over 2,500m – Mt Toubkal is 4,167m.

Will the altitude affect me?

Your physical fitness will not affect your ability to cope with the altitude. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at high altitude. All individuals are affected differently, but symptoms can include breathlessness, nausea and headaches. However, the fitter you are the better you will cope whilst on the mountain. Please be assured that this trek has been designed to maximise your chances for sufficient acclimatisation i.e. the speed at which we trek, the route taken up the mountain and the number of highly trained experts in the support Team.

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from the Charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested.....what do I do now?

Places are limited and go on a first come, first served basis so try to register as soon as you can! You will need to fill in the enclosed Registration Form and Medical Questionnaire and post it back to Global Adventure Challenges along with the Registration Fee and Insurance payment – all payment options and costs are explained on the enclosed information sheet. Once your Registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure!



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